

DEMOCRITUS UNIVERSITY OF THRACE
DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE

UNDERGRADUATE PROGRAM OF STUDY

COURSE TITLE:

Water polo I

COURSE CODE:

N068

ECTS CREDITS

2

RESPONSIBLE FOR THE COURSE:

NAME	Gourgoulis Vassilios		
POSITION	Associate Professor		
SECTOR	Sports Training Theory and Application		
OFFICE	B3-7		
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CO-INSTRUCTORS			

SEMESTER:

1ST 2ND 3RD 4TH
5TH 6TH 7TH 8TH

COURSE TYPE:

OBLIGATORY
DIRECTION
SPECIALIZATION
PREREQUIZITE FOR SPECIALIZATION
ELECTIVE (*OPEN*)

HOURS (per week):

2

DIRECTION

(only for 3rd & 4th year courses)

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SPECIALIZATION *(only for 3rd & 4th year courses)*

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LANGUAGE OF TEACHING:

GREEK

ENGLISH

AIM OF THE COURSE (*content and acquired skills*)

The aim of the course is to introduce in water polo, the basic rules and skills of the game, the individual handling skills, ball pick – up, dribbling, passing and shooting, as well as the teaching methods.

COURSE CONTENTS (*outline – titles of lectures*)

1. Philosophy – Sociology of the Water Polo.
2. History of the game in the world and in Greece.
3. Rules of the Game, changes.
4. Basic swimming skills as applied to Water Polo: front crawl – back crawl – breaststroke – Butterfly.
5. Special types of swimming.
6. Change from one style the other.
7. Stabilization in the water.
8. Swimming with the ball - dribbling.
9. Handling the ball: pick up, dribbling, passing, reception.
10. Shooting.
11. Special situations.
12. “Eggbeater” Leg motion.
13. Water polo game.

TEACHING METHOD (*lectures – labs – practice etc*)

- Lectures and use of audiovisual device.
- Practice
- Verbal and practical instructions during practice.

ASSESSMENT METHOD(-S)

- In theory (50%) and practice (50%)

LEARNING OUTCOMES

Upon the completion of this course the student:

1. will be familiar with the water polo game
2. will be know and understand the basic rules of the game
3. will be able to perform the individual handling skills: ball pick – up, dribbling, passing and shooting, eggbeater leg motion.
4. will know the specific theoretical knowledge-base regarding the demonstration and teaching the above mentioned water polo skills

LEARNING OUTCOMES - CONTINUED

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
1) Students will be familiar with the water polo game	Lectures, Practical exercise, demonstration & discussion of digital material, study at home, tutorials	Midterm assessments through practical & oral sessions of cognitive assessment. Final exam.	5
2) Students will know and understand the basic rules of the game	Lectures, Practical exercise, demonstration & discussion of digital material, study at home, tutorials	Midterm assessments, Final exam	5
3) Students will be able to perform the individual handling skills: ball pick – up, dribbling, passing and shooting, eggbeater leg motion	Practical exercise, lectures demonstration & discussion of digital material, tutorials	Midterm assessments through the organization & application of training programs	40
4) Students will know the specific theoretical knowledge-base regarding the demonstration and teaching the above mentioned water polo skills	Lectures Practical exercise, demonstration & discussion of digital material, study at home, tutorials	Midterm assessments through practical & oral sessions of cognitive assessment. Final exam.	10
		TOTAL	60

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

1. Mpakirtzis Ch., Antoniadis P. (2009) Water polo for children and adults. Telethron Publishers. Athens.
2. Platanou Th, (1999). The Water polo. Published by Platanou Th. Athens.