

GENERAL SECRETARIAT OF SPORTS

FACULTY TRAINER

B' CLASS

PROGRAM OF STUDY

The faculty trainer B' Class is the intermediary Faculty for the enrichment of special knowledge of trainer for the upgraded exercise training in basketball. Condition for the follow-up of this Faculty is the previous exercise of profession of trainer, so that with the acquired applied experience the student improves his specialised knowledge. Additional condition for the import in this Faculty is the obligatory follow-up of number approved from the G.B.C.A. of Clinics. Characteristic of program of study is the development of diplomatic work afterwards the finalisation of courses. The diploma of this Faculty constitutes essential evidence for the follow-up of Faculty A' Class.

The structure of Faculty is constituted by four periods, the didactics, examining, deposit of diplomatic work and the period of export of results. Still, is forecasted also a additional period, that of review, for the students that did not achieve in the examinations.

The program of Study, that is covered in 150 instructive hours, is constituted from a) theoretical courses, that support the training work, b) courses of practical application and c) development of diplomatic work.

A) THEORETICAL COURSES

The theoretical courses, that support the training work, are covered in 76 hours of teaching.

1. Training the basketball - 36 hours

2. Athletic Psychology - 8 hour

3. Applied Sports Physiology -12 hours

4. Special basketball traumatology - 4 hours

5. Training evaluation of regulations - 4 hours

6. Training: Professional approach - 4 hours

7. Coaching - 8 hours

BASKETBALL TRAINING

Instructive hours: 36

Aim of course

The technical, tactical, physics and psychological preparation of player and team specialised as for pre-season, season and after season period.

Η τεχνική, τακτική, φυσική και ψυχοπνευματική προετοιμασία του παίκτη και της ομάδας εξειδικευμένη ως προς την προαγωνιστική, αγωνιστική και μεταβατική περίοδο.

Content of course

Planning of pre-season, in season and after season period. The special physical condition of players. Planning of physical preparation.

Evaluation

Written examinations.

APPLIED SPORTS PSYCHOLOGY

Instructive hours: 8

Aim of course

The aim of course is becomes a import in the applied athletic psychology and her exploitation in the preparation of basketball players, as for the confrontation the training and game tax, that it accepts.

Content of course

Import in the athletic psychology. Athletic personality. Motives - encouragement. Objectives and athletic output. Game stress and stress. Subjects of social athletic psychology.

Evaluation

Written examinations.

APPLIED PHYSIOLOGY OF SPORTS

Instructive hours: 12

Aim of course

The aim of course is to give in the trainer specialised knowledge for the mechanisms of adaptation of biological systems in the training stimuli as well as for the diet of the basketball players.

Content of course

Basic beginnings of strength training. Methods of improvement the aerobic and anaerobic faculty. Biological adaptations of children and adolescents in the exercise. Diet and output. The diet of basketball players.

Evaluation

Written examinations.

SPECIAL TRAUMATOLOGY OF BASKETBALL : CAUSATIVE FACTORS OF CHALLENGE OF WOUNDS

Instructive hours: 4

Aim of course

The knowledge of factors, that constitutes causes of challenge of wounds, that have relation with the athlete (internal factors) and that they have relation with the environment (exterior factors).

Content of course

Internal factors: Mechanic imbalances (muscular inelasticity, muscular weakness, alignment under utmost, articulation instability). Previous wounds. Natural situation. Demographic and morphological factors (age, sex, somatotype). Psychological and psychosocial factors. Exterior factors: The type of lesion, ability and technique, training, time period, place of athlete, level of competition, rules and aim, environment, equipment.

Evaluation

Written examinations.

TRAINING EXPLOITATION OF REGULATIONS

Instructive hours: 4

Aim of course

The importance of even knowledge of regulations and their exploitation on the improvement the technical and tactical output, as for the effective guidance of game.

Content of course

Indicative regulations, that give the possibility in the player for more effective technical output. Indicative regulations, that allow the trainer of more effective guidance and intervention in the events in progress of game.

TRAINING: PROFESSIONAL APPROACH

Instructive hours: 4

Aim of course

The professional orientation of trainer.

Content of course

The trainer. The game philosophy of trainer. The assistant trainer. The young person trainer. Decisive elements of team. Professional reflections in the exercise training.

Evaluation

Written examinations.

COACHING

Instructive hours: 8

Aim of course

The theoretical approach of way of guidance of team of basketball.

Content of course

Basic beginnings of guidance of team of basketball in the game. Strategy of game. Special tactic and psychological preparation for the game. Evaluation the individual and common characteristics of rival team. The intermissions at the game. The change of player at the game. The inversion of unfavourable situation at the game. The natural and mental re-establishment afterwards the game. The evaluation of result of game. Analysis of statistical elements. Conclusions and criticism of game.

Evaluation

Written examinations.

B) COURSES OF PRACTICAL APPLICATION

The courses of practical application, that have as object of study and application the technique and tactic of basketball, become theoretical and practically in relation 1 to 2, that is to say in every hour of theoretical teaching correspond two hours of practical application.

They are globally covered in 84 hours of teaching.

1. Special methodology of basketball - 24 hours
2. Analysis of team tactic of basketball - 30 hours
3. Special offensive and defensive situations - 6 hours

4. Training practice - 24 hours

SPECIAL METHODOLOGY OF BASKETBALL

Instructive hours: 24

Aim of course

The special methodology of basic technique of basketball, individual and offensive technique, offensive and defensive collaborations and team offence and defence.

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Content of course

The special methodology of technical abilities, that composes the basic technique of basketball. The special methodology of individual offensive technique. The special methodology of individual defensive technique. The special methodology of offensive collaborations two and three players. The special methodology of defensive collaborations two and three players. The special methodology of fast break and secondary break. The special methodology of team offence. The special methodology of defensive tactic..

Evaluation

Theoretical examination. Practical application.

ANALYSIS OF TEAM TACTIC OF BASKETBALL

Instructive hours: 30

Aim of course

The theoretical analysis and practical application team offensive and defensive tactics.

Content of course

Regular analysis of fast break and his forms of application with his secondary conclusion. Regular analysis of team offence for the split of man to man defence. Regular analysis of team offence for the split of zone defence.

Regular analysis of team offence for the split of pressing defence, man to man and zone defence. Regular analysis of confrontation of fast break. Regular analysis of man to man defence. Regular analysis of various provisions zone defence. Regular analysis of man to man pressing defence of also pressing zone defence. Offensive and defensive transition.

Evaluation

Theoretical examination. Practical application.

SPECIAL OFFENSIVE & DEFENSIVE SITUATIONS

Instructive hours: 6

Aim of course

The appointment of importance the special offensive and defensive situations in the configuration of result of game.

Content of course

Reintroduction of ball from base and side line. Confrontation of reintroduction of ball, Special cases of adaptation. The final shot. Offensive and defensive tactics at last seconds.

Evaluation

Theoretical examination. Practical application.

TRAINING EXERCISE

Instructive hours: 24

Aim of course

Practice exercise with indicative exercises and programs in training the basketball.

Content of course

Methodology of individual training with indicative exercises and programs. Indicative exercises for the foundation of team offence and defence. Indicative trainings with accent the particularities of team training, depending on the period and her day of application. Applied energy training. Indicative programs of physical condition.

Evaluation

Theoretical examination. Practical application.

Γ) ΔΙΠΛΩΜΑΤΙΚΗ ΕΡΓΑΣΙΑ

Εκπόνηση διπλωματικής εργασίας με θέμα «Προγραμματισμός της προαγωνιστικής προετοιμασίας».

C) EXAMINATIONS

The evaluation of output of students becomes with written, theoretical and practical examinations, as with the development of diplomatic work. The examined matter, that is determined by the teacher of the course, is contained in the relative bibliography, that is proposed by the himself, as in his notes. At the examining period, that lasts one week, they are carried out:

1. practical examinations in the technique and tactic of basketball

2. theoretical examinations in the technique and tactic of basketball

3. written examinations in the theoretical courses, that support the training work,

4. written examinations in training the basketball and

5. deposit of diplomatic work on the subject "Planning of pre season preparation". The deposit of diplomatic work becomes inside one month from the expiry of courses of instructive period.

D) RESULTS

1. The evaluation becomes with base the record of student in three circles of courses and the sufficiency of his diplomatic work. Concretely,

* technique and tactic of basketball. It is marked with evaluation of record examined in his practical executive faculty, his theoretical training and his instructive faculty.

* training the basketball. It is marked with the record examined in the relative written examinations, that include subjects from the courses of "Training basketball", "Coaching" and "Training: professional approach".

* theoretical courses. Is exported the mean of grades in the individual written examinations in the courses "Athletic psychology", "Applied physiology" and "Special traumatology".

* diplomatic work. Is evaluated her sufficiency, as for the correctness of content and her way of syntax.

2. The students, that achieve and in the three circles of courses, are promoted with grading scale from 5 until 10.

3. Diplomatic work, that is not judged satisfactory, is returned and it is submitted again.

4. The results of examinations are announced afterwards the evaluation of also diplomatic work.

5. The students, that fail in, two or even in the three circles of courses, are referred for review once in the circle of courses that failed. The review becomes inside three months from the publication of results.

E) STUDY

1. The follow-up of courses is obligatory.

2. The active attendance of students in the practical courses, whenever it is asked to them, is obligatory.

3. Student, that will be absent for any reason beyond the 10% of realised hours of teaching, is rejected without right of examination.

4. Students, that have not deposited all required supporting documents for the follow-up of Faculty, they do not become acceptable in the examinations.