

## **GENERAL SECRETARIAT OF SPORTS**

### **FACULTY TRAINER**

### **C' CLASS**

#### **PROGRAM OF STUDY**

The faculty of Basketball C' of Class is the basic Faculty for the foundation of essential qualifications for the exercise of profession of trainer. With base this her fundamental character, the program of study of Faculty C' of Class has as sovereign aim the benefit of basic knowledge for the exercise training, mainly in level new players and teams of amateur level. This knowledge, with their continuity application into practice, constitutes the essential background for the continuation of study in the Faculty B' of Class.

The structure of Faculty is constituted by three periods, the didactics, examining and deposit of 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.

Taking into consideration the aim of this basic Faculty, the program of study is constituted by courses theoretically and practical application, that is covered in 200 globally instructive hours.

#### **A) THEORETICAL COURSES**

The theoretical courses, that support the training work, are covered in 88 hours of teaching. Moreover, is asked the development of two work in the frames of course of training basketball. The courses and the distribution of hours it has as follows:

Import in the basketball - 8 hours

Training the basketball - 40 hours

Pedagogic and Athletic Psychology - 16 hours

Applied Sports Physiology - 16 hours

Special traumatology - 4 hours

Interpretation of regulations of basketball - 4 hours

## **IMPORT IN THE BASKETBALL**

Instructive hours: 8

Aim of course

The presentation of particularities of basketball, that determines the training intervention.

Content of course

Historical examination of development of basketball. Characteristic traits of basketball.  
Biological model of basketball players. Output of basketball players. Characterization of sport.  
Game and training tax.

### Evaluation

Written examinations. Paper.

## **TRAINING BASKETBALL**

Instructive hours: 40

### Aim of course

The theoretical approach of special training basketball in individual and team level. Particularities for planning the training. Particularities as for the age and the sex.

### Content of course

Physiologic beginnings of training. Characteristically of training. Basic beginnings. Methodology. Training periods. Planning of trainings. Method of planning. Individual and team training. Particularities of training of beginners, young players and adolescents. Introductory planning of training of beginners. Particularities of training of women. The physical preparation of basketball players. Elements of guidance a team of basketball.

### Training papers

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Paper for methodology

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Paper for planning of training beginners

### Evaluation

Written examinations. Paper.

### PEDAGOGIC AND ATHLETIC PSYCHOLOGY

Instructive hours: 16

### Aim of course

The aim of course is elects the importance the pedagogic and athletic psychology in the training approach of young persons athlete and in the comprehension of particularities that characterizes the puberty and their proportional confrontation.

### Content of course

The phenomenon of education. Psychokinetic and social growth of child and adolescent. Puberty (basic sectors of growth of adolescent, problems and confrontation). Positive and negative repercussions of physical exercise and exercising in the children's and adolescent age. The pedagogic and social role of trainer. Import in the kinetic learning and behavior.

### Evaluation

Written examinations.

## **APPLIED PHYSIOLOGY OF SPORTS**

Instructive hours: 16

### Aim of course

The aim of course is to give in the candidate trainer the basic knowledge of operations of body at the exercise as well as the mechanisms of adaptation of his biological systems in the training stimuli.

### Content of course

Basic elements for the structure and the operation initiating. Nerve - muscle adaptations in the

training. Cardiorespiratory resistance. Anaerobic threshold. Anaerobic faculty.

Evaluation

Written examinations.

**SPECIAL TRAUMATOLOGY: THE PREVENTION OF WOUNDS IN THE BASKETBALL**

Instructive hours: 4

Aim of course

Elementary knowledge of limits of various stages of prevention, the recognition of reasons of challenge of wounds, as well as activities that aim in their prevention.

Content of course

Primary, secondary and tertiary prevention. Causes of challenge of wounds in the basketball: Difference in the length between fighters and competitors initiating. Bad neuro - muscle co-ordination. Decreased mechanic resistance of the biological materials, after wound and immobilisation. Decreasing breadth of orbit one or more articulations. Differences in strength. The activities that have as main aim the prevention of wounds: Warm-up. Full recovery. Activities that they promote.

Evaluation

Written examinations.

**INTERPRETATION OF REGULATIONS OF BASKETBALL**

Instructive hours: 4

### Aim of course

The appointment of importance that has the even knowledge of regulations of basketball in the exercise training, but also guidance of game.

### Content of course

The interpretation of regulations of basketball. Indicative cases of regulations, that influence the practical application of technique and tactic in the game. The inside the frame of regulations behavior of trainer in the game.

## 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 means in every hour of theoretical teaching correspond two hours of practical application.

They are globally covered in 112 hours of teaching.

1. Basic technique of basketball - 18 hours
2. Individual offensive and defensive technique - 18 hours
3. Offensive and defensive collaborations - 18 hours
4. Team tactic of basketball - 30 hours
5. Training practice - 28 hours

## BASIC TECHNIQUE OF BASKETBALL

Instructive hours: 18

### Aim of course

The technical analysis of abilities, that composes the basic technique of basketball

### Content of course

Stopping, shifts, and pivoting etc. The Dribble. The Pass of ball. The Shot. The rebound of ball.

### Evaluation

Theoretical examination. Practical application.

## INDIVIDUAL OFFENSIVE AND DEFENSIVE TECHNIC

Instructive hours: 18

### Aim of course

The technical analysis the individual offensive and defensive technique of player.

### Content of course

Technical analysis of individual defensive technique the guard and post player. Technical analysis of individual offensive moves guard and post player.

Evaluation

Theoretical examination. Practical application.

**OFFENSIVE & DEFENSIVE COLLABORATIONS**

Instructive hours: 18

Aim of course

Technical analysis of offensive and defensive collaborations two, three and four players, that found the team game.

Content of course

Offensive moves of two players. Offensive moves of three players. Defensive collaboration of two players. Defensive collaboration of three players. Offensive and defensive collaboration of four players.

Evaluation

Theoretical examination. Practical application.

**TEAM TACTICS IN BASKETBALL**

Instructive hours: 30



### Aim of course

The theoretical analysis and practical application of team offence and defence of basketball. Special offensive and defensive situations.

### Content of course

Basic beginnings of team offence. Fast break. Secondary fast break. Team offensive tactic for split of man to man defence. Team offensive tactic for split of zone defence. Team offensive tactic for split of pressing defence.

Special offensive situations. Basic beginnings of team defence. Man to man defence. Forms of man to man defence. Zone Defence . Defensive provisions of zone. Basic beginnings of pressing defence. Man to man pressing defence. Pressing zone defence.

Special defensive situations. Mixed defences.

### Evaluation

Theoretical examination. Practical application.

### ΠΡΟΠΟΝΗΤΙΚΗ ΕΞΑΣΚΗΣΗ

Instructive hours: 28

### Aim of course

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

## Content of course

Practice exercise with indicative drills and programs for the teaching of basic technique of basketball. Indicative trainings for the teaching the individual offensive and defensive technique and the offensive and defensive collaborations. Indicative trainings for the teaching the offensive and defensive tactic of basketball. Indicative daily trainings sessions in pre season, game and off season period. Practice exercise of guidance a team in game.

### Evaluation

Executive and instructive ability.

## C) EXAMINATIONS

The evaluation of output of students becomes with written, theoretical and practical examinations, as with the development of work in selectively cognitive objects training. The examined matter, that is determined by the teacher of 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 work on the subject the "introductive planning of training begginers".

## D) ΑΠΟΤΕΛΕΣΜΑΤΑ

1. The results of examinations are exported inside 10 days from the expiry of examining

period. The evaluation becomes in three circles of courses,

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

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training the basketball. It is marked with evaluation of record his examined in the relative written examinations and the sufficiency of work.

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theoretical courses. Is exported the mean of grades in the individual written examinations in the courses "pedagogic and athletic psychology", "applied physiology" and "special traumatology".

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

3. 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.