



Course Code SPSC-116	Course Title Diving	ECTS Credits 3
Department Sports Science	Semester Spring, Fall, Summer	Prerequisites SPSC-120, SPSC-130
Type of Course Elective	Field Physical education & Sports recreation	Language of Instruction Greek
Level of Course 1 st Cycle	Year of Study 2 nd -4 th	Lecturer Mr Charalambides Michalis
Mode of Delivery face-to-face	Work Placement N/A	Co-requisites None
Recommended Optional Programme Components: N/A		

Objectives of the Course:

The aim of the course is to provide students with basic performance techniques of springboards/platform-diving skills. It is concerned with methodologies and techniques used to learn and be able to teach basic platform-diving skills. An Introduction to teaching progressions of dives from one and three meter springboards and basic platform diving will be covered. The course includes forward and back dives, reverse and inward dives, and twist and somersault dives. It emphasises fundamentals and flexibility of teaching method. The degree of difficulty increases progressively as ability increases. The teaching of methodological development exercises at the gym, on the trampoline and in the water. Practice is undertaken in simple diving forms from flexible and stable diving platforms 1, 3 and 5 m.

Learning Outcomes:

- By the end of this course the students should be able to:
1. Be confident in their own personal diving skills.
 2. Develop confidence in attempting water entries from varying heights from diving platforms/ springboards.
 3. Develop balance and manoeuvrability.
 4. Appreciate the potential of recreational water activities to enrich living.

Course Contents:

1. Historical evolution. Lesson content (Theory).
2. Diving centre, security, regulations, contests (Theory).
3. Movement techniques at the gym (Practice).
4. Familiarization with the trampoline (Practice).
5. Movement techniques on the trampoline (Practice).
6. Diving from small heights. Exercises of familiarization (Practice).
7. Diving and entering water with legs first. Steps (Practice).

8. Diving and entering with the upper and lower part of the body (Practice).
9. Diving in positions A, B, C. Test (Practice).
10. Manoeuvres. Diving from 1, 3 and 5 m. (Practice).
11. Steps on flexible platform (Practice).
12. Diving from 3 and 5 m. Test (Practice).
13. Recapitulation.

Learning Activities and Teaching Methods:

Lectures , demonstration including DVD materials, Practicum

Assessment Methods:

Midterm Examination-theory, Final examination-practice, Attendance and participation.

Required Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
Ronald F. O'Brien	Springboard & Platform Diving	Human Kinetics Publishers	2002	0736043780

- Instructor Manual and supplementary course-notes will be also handed by the beginning of the course.