## **Theory, Techniques and Training in Water Sports**

## Prof. Roberto Randetti

***COURSE AIMS AND INTENDED LEARNING OUTCOMES***

Provide students with sufficient scientific theory, practical methods and training to plan, carry out and help others carry out water-based physical activities.

At the end of the course, students will obtain:

– *Knowledge and understanding:* A basic cultural knowledge of the relationship that exists between Man and water, aquatic environment, aquatic behaviour and basic aquatic motor activities, the physical principles of water sports and their application to swimming styles, a technical analysis of the various swimming strokes, the organisation of water sports training, definition and role of the instructor; the influence of verbal and non-verbal communication.

– *Applying knowledge and understanding:* The ability to practice both as a student (eg: proving one has mastered the basic aquatic motor activities, the ability to combine different movements) and as a teacher (eg: the ability to manage a group, set up training activities, what has been learned).

– *Making judgements:* the ability to: analyse the initial situation and set up appropriate training activities; identify the principal errors and correct them; identify unusual situations and apply appropriate ways to manage them.

– *Communication skills:* the ability to transfer knowledge and skill to one’s students, know how to communicate technical information to both specialists and one’s students.

– *Learning skills:* the ability to combine a balanced application of knowledge and skills, attesting to having studied from one of the texts proposed for the course.

***COURSE CONTENT***

Man and water.

The evolution of aquatic behaviour.

Land-based and water-based motor schemes.

Sensoriperceptual skills: the analysers.

Acclimatisation and aquatics: characteristics and objectives.

Principles and technical analysis of swimming styles.

The organisation of swimming training.

Definition and role of the instructor.

Verbal and non-verbal communication.

Practical activities to reflect the theory learnt.

Technical coordination practice.

Training progress in swimming styles.

Training set-up, and perfecting and sensitising swimmers in the four styles of push-off and turning.

***READING LIST***

Garozzo-Randetti, *Lo Sviluppo della Competenza Acquatica*, Vita e Pensiero, in press.

***TEACHING METHOD***

Lectures, guided practical sessions, on-site projects or works, practice sessions in the pool

***ASSESSMENT METHOD AND CRITERIA***

1 *Practice*

First practical test: 100 m medley (assessment criteria: correct biomechanics of diving, swimming and turning).

– Second practical test:

\* 100 m freestyle (assessment criterion: time to complete the test).

\* 12,5 m scuba diving (assessment criteria: complete immersion of the body, achievement of distance goals).

\* Flotation (assessment criterion: correct biomechanics).

\* Didactic exercises (assessment criteria: test the ability to interpret requests and put them into practice in an efficient way).

\* Turning (assessment criterion: correct biomechanics).

2 *Theory*

Written assessment: questionnaire composed of 30 multiple-choice questions (assessment criterion: test to verify theoretical knowledge acquired from the textbook or during the course).

Oral assessment (assessment criteria: clarity of expression, knowledge of the subject, critical thinking, ability to find links between theoretical subjects and potential teaching scenarios).

**Beside the theory, the course includes a certain numbers of hours dedicated to practice (different courses and laboratories) with compulsory attendance for at least 70% of the course.**

***NOTES AND PREREQUISITES***

The laboratory activity includes practical activities in the pool. All students will have to carry out such activities. There are no prerequisites.

In case the current Covid-19 health emergency does not allow frontal teaching, remote teaching will be carried out following procedures that will be promptly notified to students.

Further information can be found on the lecturer's webpage at http://docenti.unicatt.it/web/searchByName.do?language=ENG or on the Faculty notice board.