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

## Prof. Claudio Garozzo

***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.

Land-based and water-based motor schemes.

Sensory-perceptual skills: analysers.

The evolution of aquatic behaviour.

Building motor skills in water sports.

Acclimatisation and aquatics: characteristics and objectives.

Principles of swimming styles.

Technique and teaching of the four regulatory styles.

Elementary and competitive starts and turns.

Figure and role of the instructor.

The organisation of swimming training.

Verbal and non-verbal communication process.

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 canonical styles of push-off and turning.

***READING LIST***

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

A.A.V.V., *Dispense corsi, Federnuoto*

***TEACHING METHOD***

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

***ASSESSMENT METHOD AND CRITERIA***

1 *Practical*

– First practical test: 100 metres mixed (assessment criterion: correct technical and biomechanical execution of the starting dive, the four styles and the relative turns).

– Second practical test:

\* 100 metres Free Style (assessment criterion: completion or not of the continuous test).

\* 12.5 metres underwater (assessment criterion: verification of the complete immersion of the body, the execution technique and the achievement of the distance).

\* Maintenance (assessment criterion: correct biomechanical execution and maintenance of the acquired position).

\* Turns (assessment criterion: correct biomechanical and regulatory execution).

\* Teaching exercises (assessment criterion: verification of the ability to interpret the request and to know how to apply the movements effectively and efficiently).

2 *Theory*

Written test: Written questionnaire of 50 multiple-choice questions (assessment criterion: verification of knowledge of theoretical topics taken both from textbooks and acquired during lectures).

Oral exam (assessment criterion: knowledge of the subject, presentation clarity, critical reflection, and ability to link the theoretical sections to 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.

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.