



COURSE OF STUDY Attività Motorie e Sportive

ACADEMIC YEAR 2023/2024

ACADEMIC SUBJECT Theory, Techniques, and Teaching of Swimming, Diving, and Waterpolo

General information	
Year of the course	III Year
Academic calendar (starting and ending date)	I Term
Credits (CFU/ETCS):	5 CFU
SSD	M-EDF/02
Language	Italian
Mode of attendance	Mandatory

Professor/ Lecturer	
Name and Surname	Andrea Carnimeo
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Department and address	Aula 2 and pool c/o CUS Bar
Virtual room	ihr59a8
Office Hours (and modalities: e.g., by appointment, on line, etc.)	Tuesday at 16:30 immediately after classes, by appointment by email

Work schedule			
Hours			
Total	Lectures	Hands-on (laboratory, workshops, working groups, seminars, field trips)	Out-of-class study hours/ Self-study hours
125	40	10	75
CFU/ETCS			
5	4	1	

Learning Objectives	The course is focused on the study of aquatic disciplines and in particular the methodologies and techniques used in swimming, diving and water polo. The general objective is to make the student learn not only the regulations, techniques, methods of execution of the various disciplines but also make them able to operate in an appropriate manner in the contexts where the disciplines are performed.
Course prerequisites	Knowledge of anatomy and physiology with particular reference to the locomotor system (skeletal, muscular, articular) cardiocirculatory, respiratory. Knowledge of movement theory and training methodology.

Teaching strategie	Lectures with use of slides or whiteboard; practical lessons in the pool with several groups divided by skills
Expected learning outcomes in terms of	



<p>Knowledge and understanding on:</p>	<ul style="list-style-type: none"> ○ The main swimming techniques (the four styles) and the unconventional ones (trudgeon, over, sitting back, vertical buoyancy); the technical-tactical dynamics related to water polo; the different types of diving both for the starting base (trampoline and platform) both for complexity of execution
<p>Applying knowledge and understanding on:</p>	<ul style="list-style-type: none"> ○ Students will be able to apply their knowledge and understanding so that they can intervene, with professionalism, in a training program for any of the three disciplines addressed, devising and setting the work in full autonomy; ○ Students will have the ability to collect and interpret data, especially in complex situations such as teamwork, considered useful to determine independent judgments, including reflection on social, scientific or ethical issues related to them (group management, from group to team, integration, doping);
<p>Syllabus</p>	
<p>Content knowledge</p>	<p>History of swimming:</p> <ul style="list-style-type: none"> • origins; early forms of propulsion in water; • birth and development of aquatic styles; • swimming in the Olympics and international events. <p>The technique of swimming:</p> <ul style="list-style-type: none"> • competitive swims (butterfly, frog back, freestyle); • coded swims (trudgeon, over, overcraft); • the combined swims; • starts and turns of all competitive styles. <p>The teaching of swimming:</p> <ul style="list-style-type: none"> • the setting (what is it, technical and psychological objectives, floating and sliding, aquatic motor patterns, breathing); • the problem of error. <p>The rules of swimming:</p> <ul style="list-style-type: none"> • starts, turns, styles, race distances in pool and open water, • mixed individual and team races (relay races), • the doping. <p>Training:</p> <ul style="list-style-type: none"> • A.T.P.'s resynthesis; • codes; performance factors. <p>History of water polo:</p> <ul style="list-style-type: none"> • origins, evolution and dissemination, Olympics and international events. <p>The rules of water polo:</p> <ul style="list-style-type: none"> • playing field, match times, team composition, breaks, changes, simple fouls and serious fouls, violent play and brutality, referees and secretariat. <p>PRACTICE IN WATER</p> <ul style="list-style-type: none"> • The three stages of the setting; • the four styles. <p>The game:</p> <ul style="list-style-type: none"> • roles and positions, psycho-physical characteristics of players, tasks and objectives, main attack and defense strategies (zone - zone M - man - pressing - pressing to climb), • the entrances, the exits, the climbs. • Numerical superiority: 1>0 - 2>1 - 3>2 - 4>3 - 5>4 - 6>5. <p>The technique:</p> <ul style="list-style-type: none"> • Technical basics with ball: dribble, pass, throw, transport, ball defense, dribbling. <p>PRACTICE IN WATER</p> <ul style="list-style-type: none"> • The three stages of the setting; • the four styles. <p>The game:</p> <ul style="list-style-type: none"> • roles and positions, psycho-physical characteristics of players, tasks and objectives, main attack and defense strategies (zone - zone M - man - pressing -



	<p>pressing to climb),</p> <ul style="list-style-type: none"> • the entrances, the exits, the climbs. • Numerical superiority: 1>0 - 2>1 - 3>2 - 4>3 - 5>4 - 6>5. <p>The technique:</p> <ul style="list-style-type: none"> • Technical basics with ball: dribble, pass, throw, transport, ball defense, dribbling. <p>PRACTICE IN WATER</p> <ul style="list-style-type: none"> • Technical basics without ball: Bicycle legs, slides, jumps, head-up crawl, sitting back, trudgeon. • Technical basics with and without ball. <p>History of diving:</p> <ul style="list-style-type: none"> • origins, evolution, Olympics, international competitions. • The rules of diving: platforms and trampolines, groups, the numerical code, the difficulty coefficient, the races, the referee judge, the jury, the score. <p>The technique of diving:</p> <ul style="list-style-type: none"> • The taut figure, picked and grouped. • The chase, the catch, the jump, the figure, the opening, the entrance into the water.
Texts and readings	<ul style="list-style-type: none"> • <i>No</i>
Notes, additional materials	<ul style="list-style-type: none"> • <i>Regolamento FINA 2018;</i> • <i>“Con tutto il nuoto del mondo” Maurizio Mastrorilli – ed. Schena editore;</i> • <i>“Scuola nuoto” Andolfi e Parigiani – ed. Zanichelli;</i> • <i>“Guida tecnica nuoto” CONI; Manuali F.I.N. per istruttori di 1° e 2° livello;</i> • <i>“La scienza del nuoto” J. E. Counsilman – ed. Zanichelli;</i> • <i>“Analysis” F.I.N. –S.I.T. (nuoto e pallanuoto);</i> • <i>“Guida tecnica pallanuoto” CONI;</i> • <i>“La mia pallanuoto” Gianni Lonzi – ed. workshop per la FIN;</i> • <i>“Dentro la pallanuoto” cd 1° e 2° - FIN;</i> • <i>“I tuffi perfetti” Nando Pensa –longanesi e c.;</i> • <i>“Allenare” F. Fischetti – ed. Wip;</i> <p><i>“Fisiologia dello sport” E. L. Fox – ed. mediterranee.</i></p>
Repository	<ul style="list-style-type: none"> • <i>Slides of the teacher, provided at the beginning of the course.</i>

Assessment	
Assessment methods	Oral examination
Assessment criteria	<p>The exam will verify the level of mastery of the contents proposed during the course with particular consideration for:</p> <ul style="list-style-type: none"> - references to theory (knowledge and understanding); - reference to the methodologies and techniques used for all three subjects studied during the course (knowledge and understanding); - the appropriate use of the lexicon (communication skills); - the ability to make conceptual inferences (judgment autonomy); - the ability to re-process content (ability to learn).
Final exam and grading criteria	<p>The student must demonstrate knowledge of the topics under study and have understood the issues related to them, as well as to have reached a level of knowledge to develop independently interpretative arguments</p> <ol style="list-style-type: none"> 1) Failure to pass the test: insufficient knowledge of the course contents, insufficient evaluation and reasoning skills, lack of basic knowledge. 2) 18 to 21: sufficient or barely sufficient preparation; minimum knowledge of the institutions and of the problems tackled during the course; presence of minor gaps; 3) 22 to 24: average preparation characterized by no particular deepening and by gaps that can be filled in the continuation of the overall training; 4) 25 to 27: generally good preparation even if not particularly thorough;



	technical language and adequate expressive ability; 5) 28 to 30: excellent or excellent preparation; precise and precise technical language and expressive ability; 6) 30 e lode: preparation, technical language, expressive and argumentative skills of the highest level
Further information	
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