

CLASS CARD**Handball**

Basic classes	Code in the study plan	ECTS
HANDBALL	WFII-22	3

Education profile	Ogólnoakademicki / general education
Faculty and field of study	Physical Education
Studies program in which the subject is realized	Physical Education
Professor's name	Dr Marcin Smolarczyk
Level of studies (eg. bachelor, master)	master
Study year and semester	II and IV
Language	English
Method of realization (stationary/ distance learning)	stationary
Lectures/classes hours	0/30
Form of passing classes	Practical examination
Type of subject (obligatory/ facultative)	obligatory
Prerequisites	Methodology of handball

DETAILED INFORMATION**Course aims and objectives**

1	Preparation of the student for independently conducting Physical Education lessons in handball.
2	Familiarization with the basic forms of cooperation in handball.
3	Presentation of the classification of exercises and the methodology of teaching game tactics in handball.
4	Explanation of the rules of the game and the ability to interpret them in game situations.

LEARNING OUTCOMES IN KNOWLEDGE, SKILLS AND SOCIAL COMPETENCES FOR CLASSES

Learning outcome	Subject's learning outcomes
KNOWLEDGE	
P_W01	Has advanced knowledge in the methodology and theory of handball.

P_W02	Has knowledge of the forms, means, and methods used in teaching handball to children and youth.
P_W03	Has knowledge of the rules of handball.
SKILLS	
P_U01	Is able to interpret game situations in accordance with the rules of handball.
P_U02	Is able to appropriately select content, methods, forms, and means for conducting handball classes.
P_U03	Is able to appropriately select basic technical elements to teach cooperation on the court.
SOCIAL COMPETENCES	
P_K01	Understands the need to promote a healthy lifestyle and the impact of sports on physical fitness.

SUBJECT PROGRAM CONTENT DIVISION BY FORMS OF IMPLEMENTATION

FORM OF CLASSES – LECTURE - subject		Reference to subject-specific learning outcomes
FORM OF CLASSES – CLASSES – subject		Reference to subject-specific learning outcomes
Organization of classes. Health and Safety regulations. Requirements for passing the course. Exercises to improve feints and individual defensive technique. Teaching two-player cooperation. Movements with and without the ball. Cooperation between positions: CB-LB-RB and LW-LB, RW-RB in 3x0 segments. Teaching three-player rotations. Organization of cooperation between positions: CB-LB-RB in numerical superiority and balanced situations in 3x2 and 3x3 segments. Organization of fast break attack.		P_W01 P_W02 P_W03 P_U01 P_U02 P_U03 P_K01

PLANNED METHODS/FORMS/TEACHING MEANS

Program content	Teaching methods/forms
Practical classes	Practical classes, demonstration, description, explanation, conducting parts of the lessons.
Teaching resources: Handballs, tactical board.	

METHODS OF VERIFYING THE EXPECTED LEARNING OUTCOMES ACHIEVED BY THE STUDENT

Learning outcomes for classes	Assessment methods
P_W01,02 P_U02 P_U01 P_U03	Assessment of handball specific skills.
P_W03 P_U01 P_K01	Observation – game organization and refereeing.
P_W01,02 P_U02,03 P_K01	Continuous assessment, preparation for classes.

CONDITIONS FOR PASSING CLASSES:

- Attendance and active participation in classes. Any missed content due to absence must be made up during consultations and/or by attending practical classes with other groups.
- Final assessment including a practical exam (basic skills and principles of cooperation by position) and a theoretical component (a presentation on the theory of the discipline, its history, and methodology).
- Positive evaluation of refereeing a handball game.

SAMPLE ASSESSMENT/EXAMINATION TOPICS

- **Discuss the methodology of teaching technical elements in handball.**

This includes progressive teaching of individual technical skills such as passing, catching, dribbling, shooting, and defensive movements. Methodology should follow the principles of progression—from simple to complex, from static to dynamic, and from individual to team-based actions. Emphasis is placed on proper demonstration, repetition, and correction of errors during practice.

- **Handball rules (ball handling, penalties and progressive punishment, fouls, substitution area).**

Covers legal ways of playing the ball, types of fouls (personal, technical), progression of penalties (warnings, 2-minute suspensions, disqualifications), and the rules of player substitution within the designated substitution area.

- **Classification of offensive and defensive systems in handball.**

Offensive systems: positional attack, fast break, second wave, playing in numerical advantage/disadvantage.

Defensive systems: 6:0, 5:1, 3:2:1, man-to-man. Each system has specific tactical goals and requires different positioning and cooperation.

- **Describe positional changes in handball (single and double with the ball, away from the ball, long switch).**

- **Single change with the ball:** one player changes position while maintaining possession.
- **Double change with the ball:** two players coordinate a positional switch while the ball is involved.
- **Change away from the ball:** player(s) switch positions to create space or confuse the defense, without being in possession.
- **Long switch:** a deeper, often diagonal positional change, usually involving players from opposite sides of the court.

ENGLISH BIBLIOGRAPHY

Basic	<i>Playing Handball – a comprehensive study of the game, dr Zoltan Marczinka</i>
Additional	

SELF STUDY

Full-time studies		Type of activity
Number of hours to complete the activity	ECTS	
30	1,4	classes
45	1,6	Familiarization with the assigned literature, theory project,

Number of ECTS points that a student obtains in classes developing practical skills: 3

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