

**Subject: HANDBALL**

## GENERAL INFORMATION

<b>Organization unit</b>	Faculty of: Physical Education. Chair of: Physical Education Chairman: prof. Karol Gryko
<b>Course name</b>	Handball
<b>Subject code</b>	WFII-22
<b>Teaching language</b>	English
<b>Type of subject (obligatory/ facultative)</b>	obligatory
<b>Level of studies (eg. bachelor, master)</b>	master
<b>Study year</b>	II
<b>Semester</b>	IV
<b>ECTS points</b>	3
<b>Professor</b>	Dr Marcin Smolarczyk
<b>Studies program in which the subject is realized</b>	Physical Education
<b>Method of realization (stationary/ distance learning)</b>	stationary
<b>Prerequisites</b>	<b>Methodology of handball</b>

## DETAILED INFORMATION

### Course aims and objectives

<ol style="list-style-type: none"> <li>1. Preparation of the student for independently conducting Physical Education lessons in handball.</li> <li>2. Familiarization with the basic forms of cooperation in handball.</li> <li>3. Presentation of the classification of exercises and the methodology of teaching game tactics in handball</li> <li>4. Explanation of the rules of the game and the ability to interpret them in game situations</li> </ol>
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### Main topics

No	Topic
	Lectures/classes

1.	Organization of classes. Health and Safety regulations. Requirements for passing the course. Exercises to improve feints
2.	Exercises to improve individual defensive technique.
3.	Teaching two-player cooperation.
4.	Movements with and without the ball.
5.	Cooperation between positions: CB-LB-RB and LW-LB, RW-RB in 3x0 segments
6.	Teaching three-player rotations.
7.	Organization of cooperation between positions: CB-LB-RB in numerical superiority
8.	Organization of cooperation between positions: CB-LB-RB in numerical superiority
9.	Organization of cooperation between positions: CB-LB-RB in numerical superiority
10.	Organization of balanced situations in 3x2 and 3x3 segments
11.	Organization of balanced situations in 3x2 and 3x3 segments
12.	Organization of fast break attack.
13.	Organization of fast break attack.
14.	Practical examination
15.	Practical examination

#### 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.

**1 ECTS point = 3 hours students work (contact + self study)**

<b>TYPES OF CLASSES</b>	<b>HOURS</b>
1. Contact classes	30
2. Students' preparations of the presentations	20
3. Self study as preparation to the refereeing	15
4. Self study as reading text prepared by the teacher	10
<b>Total = 75 hours- ECTS points 3</b>	

<b>Author of the class card:</b>	<b>Name, surname and email</b>
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