

**Subject: METHODOLOGY OF BASKETBALL****I. General information**

<b>Organization unit</b>	Faculty of Physical Education Chair: Sport Games Supervisor: Karol Gryko Ph.D.
<b>Course name</b>	Methodology of Basketball
<b>Subject code</b>	WFI-32
<b>Teaching language</b>	English
<b>Type of subject (obligatory/ facultative)</b>	obligatory
<b>Level of studies</b>	Bachelor
<b>Study year</b>	I
<b>Semester</b>	I
<b>ECTS points</b>	2
<b>Teacher/ e-mail</b>	dr Karol Gryko karol.gryko@awf.edu.pl
<b>Studies program in which the subject is realized</b>	PHYSICAL EDUCATION
<b>Method of realization (stationary/ distance learning)</b>	Stationary
<b>Prerequisites</b>	Motivation to learn new sport technics, habits in basketball.

**II. Detailed Information****Course aims and objectives**

A1	Preparing the student to conduct the Physical Education lessons on basketball
A2	Introduction to the history of basketball in Poland and in the world
A3	Presentation of teaching methods of individual technical and tactical elements in basketball
A4	Mastering the basic skills of refereeing

**Learning outcomes**

Learning outcome	Subject's learning outcomes
<b>Knowledge</b>	
K_W04 Familiarity and comprehension of alternative educational concepts, conditions, functions and meaning of education in human life, as well as its main objectives and tasks, as well as the associated basic processes and mechanisms.	Learning methods and selection of effective teaching hints, including online resources, supporting teaching the subject or conducting classes, taking into account diverse educational needs of students
K_W11 Comprehension of the importance of caring for the vocal system in verbal communication. Familiarity with the rules of verbal and nonverbal expression. Comprehension of the meaning of proper communication in educational process.	Student has a knowledge about the safety and organization of practical (physical) classes
K_W14 Familiarity with elementary rules for planning the educational processes with the aim of developing key competences of a student and student's safety. Comprehension of the importance of selecting the right strategy, form, method in reaching physical education objectives. Knowledge as to how to devise and carry the required documentation and comprehends the rules of didactic proceeding in terms of modifying attitudes, skills, knowledge and physical fitness on particular development stages of students who have different health and physical conditions.	Teaching content and typical student difficulties associated with their mastery
K_W15 Familiarity with the legal rules applicable to education and sport system in Poland. Knowledge related to the rules of sport and education organizations management, the tasks of state and regional public administration in terms of proper functioning of the system. Familiarity with legal acts regarding the profession of a PE teacher and instructor and the basic scope of rights and responsibilities of an employer and an employee.	Standards, procedures and good practices used in teaching activities (pre-school education, teaching in primary and secondary schools, general secondary, technical and industry schools, special schools and special and integration departments in various types of educational centers and lifelong learning)
<b>Skills</b>	
K_U02 Ability to use the basic measurement methods and techniques to evaluate the structure and development of a human being and to evaluate the basic components of children's and teenager's fitness.	Choose and create properly and adapt materials to the diverse needs of students and means, including in the field of information technology - communication, and working methods to independent design and effective implementation of pedagogical activities,

	didactic, educational and caring
K_U03 Ability to interpret reactions of the organism for effort in different age groups. Ability to implement the basic rules of health training. Ability to evaluate the level of tiredness and to plan class breaks and other forms of physical activity of a health nature or related to recreation and manage the development of effort adaptation. Ability to explain and interpret metabolic changes taking place after the effort of different intensities with the use of varied biochemical measurement parameters.	Recognize needs and possibilities and gifted students and design and take action supporting the integral development of students, their activity and participation in the education proces and upbringing and in social life
K_U04 Ability to formulate and work out operating principles of basic educational objectives as well as to design and evaluate simple educational and didactic programs.	Design and implement curricula taking into account different needs educational students
<b>Social Competences</b>	
K_K04 Acting an inspiration and source of advice to others in terms of movement recreation and encourages to take up individual physical activity in different stages of life. The graduate is ready to act as animator and create free time activities (associated with recreation and health events).	Making related decisions with the organization of the learning proces in inclusive education
O_K07 In implementation of individual and team events, acts in accordance with the law and cares about the safety and health of all the participants. Consciousness of responsibility for own safety and that of participants.	Team working, performing in it various roles and cooperation with teachers and educators, specialists, parents or guardians of students and other members of the school community and local.

### Syllabus contents

No	Title
<b>Classes/ Practical classes</b>	
SC1	Basic rule of the game. Movies without ball.
SC2	Warm-up in basketball. Rule of the game.
SC3	Dribbling and changing direction (strong hand). Grounds for refereeing.
SC4	Lay-up shot after dribbling (strong hand). Game.
SC5	Lay-up shot after receiving the ball (strong hand). Game and refereeing.
SC6	Man to man defense. Free-throw shot. Game and refereeing.
SC7	Jump shot. Game and refereeing.
SC8	Passing. Game and refereeing.
SC9	Off-ball movies. Game and refereeing.
SC10	Ball movies. Game and refereeing.

SC11	Fast-break. Game and refereeing.
SC12	Playing 2x1 and 3x2. Game and refereeing.
SC13	Basic rules of half-court offense system. Game.
SC14	Theory examination.
SC15	Practical examination. Final assessment.

#### Assessment criterion

Local grade	Grade	Criteria
5	A	Adequate result upon a practical examination. Activity during class
4,5	B	Adequate result upon a practical examination. Activity during class
4	C	Adequate result upon a practical examination. Activity during class
3,5	D	Adequate result upon a practical examination. Activity during class
3	E	Adequate result upon a practical examination
2	F	Insufficient result upon a practical examination

#### Obligatory literature:

1. Eaves J. (2010) Basketball Shuffle Offense. CreateSpace Publishing.
2. Paye B, Paye P. (2012) Youth Basketball Drills. Human Kinetics Publishers.
3. Krause J, Meyer D, Meyer J (2018) Basketball Skills & Drills. Human Kinetics Publishers.
4. Cole B. (2015) Basketball Anatomy. Human Kinetics Publishers.

**1 ECTS point = 30 hours students work (contact + self study)**

TYPES OF CLASSES	HOURS
Contact hours	30
Self study	30
<b>Total = 60 hours = 2 ECTS</b>	