

**CLASS CARD****THEORY AND METHODOLOGY OF TEAM GAMES**

<b>Basic classes</b>	<b>Code in the study plan</b>	<b>ECTS</b>
Nazwa zajęć	WFI-32	2

<b>Education profile</b>	<b>practical</b>
<b>Faculty and field of study</b>	<b>Physical Education / Physical Education</b>
<b>Studies program in which the subject is realized</b>	<b>Physical Education</b>
<b>Professor's name</b>	<b>Karol Gryko</b>
<b>Level of studies (eg. bachelor, master)</b>	<b>Bachelor</b>
<b>Study year and semester</b>	<b>2, term 4</b>
<b>Language</b>	English
<b>Method of realization (stationary/ distance learning)</b>	<b>stationary</b>
<b>Lectures/classes hours</b>	<b>30/0</b>
<b>Form of passing classes</b>	<b>Z4</b>
<b>Type of subject (obligatory/ facultative)</b>	<b>obligatory</b>
<b>Prerequisites</b>	Motivation to learn new theories. Basic knowledge about structure of motion tasks and movement teaching process

**DETAILED INFORMATION****Course aims and objectives**

A1	Demands of the team games and the specificity of the structure of the start load of team games.
A2	The systematics of organizing offensive and defensive actions, and the methods and means of their implementation in the course of the sports competition.
A3	Presentation of teaching theory and selected aspects of team sports game training.

**LEARNING OUTCOMES IN KNOWLEDGE, SKILLS AND SOCIAL COMPETENCES FOR CLASSES**

Learning outcome	Subject's learning outcomes
<b>KNOWLEDGE</b>	
K_W01	P_W01 Knowledge about the general concepts, methods, forms and means of teaching movement in relation to team sports games.

K_W12	<p>P_W02 Understanding levels of sports training and the specificity of sports training for children and adolescents.</p> <p>P_W03 Knowledge about the specifics of disciplines in the context of the content specifics and the structure of the starting load.</p>
K_W13	P_W04 Knowledge about basic principles and methods of planning, organizing and implementing sports projects in the field of sports games.
<b>SKILLS</b>	
K_U13	<p>P_U01 Formulate and implement basic educational goals as well as to design and evaluate didactic programs in the field of sports games. P_U02 Principles of education and training in pedagogical work and choose methods of education and upbringing according to the assumed learning outcomes.</p>
<b>SOCIAL COMPETENCES</b>	
K_K01	P_K01 Affirms physical activity, develops your own sports preferences, actively participates in various forms of sport, contributing to the introduction of individuals and environmental groups into the culture of sport.
K_K03	P_K02 Involved in the implementation of goals and tasks set, designs and performs educational activities in various social environments.

## SUBJECT PROGRAM CONTENT DIVISION BY FORMS OF IMPLEMENTATION

<b>FORM OF CLASSES – LECTURE - subject</b>		<b>Reference to subject-specific learning outcomes</b>
<b>Term 4</b>	<p>Organization of classes, criteria for passing the subject. Basic concepts, concepts and definitions related to strenght and conditions preparing. Selected aspects of physical fitness in the context of motor system systematics. Criteria for the division and classification of sports disciplines in the context of the specificity of sports competition. Sport competition in team games, content structure and systematics of offensive and defensive actions. Systems for organizing offensive and defensive actions in basketball. Systems for organizing offensive and defensive actions in volleyball. Systems for organizing offensive and defensive actions in handball. Systems for organizing offensive and defensive actions in football. Basic concepts and definitions introducing to the problem of the teaching</p>	<p><b>P_W01-04</b>  <b>P_U01,02</b>  <b>P_K01,02</b></p>

	<p>of movement in the context of the stages of mastery of motor activities. Selected aspects of information processing processes during physical activities. Stages of information processing during motor activities. Relationship of time and memory with undertaking motor activities. Selected concepts of learning and teaching movement activities in the context of team games. Principles, methods, forms and means of influence in the process of teaching movement. Selected aspects of organization and control of the effectiveness of the teaching process. Selected aspects of training in sports games in the context of goals and tasks of sports training stages. Principles, methods, forms and means of influence in the process of training sports games.</p>	
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## PLANNED METHODS/FORMS/TEACHING MEANS

Program content	Teaching methods/forms
Lectures, Term 4	Auditorium, seminar, discussion..
<b>Teaching resources:</b> computer, multimedia projector, thematic presentations	

## METHODS OF VERIFYING THE EXPECTED LEARNING OUTCOMES ACHIEVED BY THE STUDENT

Learning outcomes for lectures	Assessment methods
P_W 01,02,03,04 P_U 01,02 P_K 01,02	Participatory observation, student activity, participation in discussion. Continuous assessment, ongoing preparation for classes. Test containing 20 closed and semi-open questions.

## CONDITIONS FOR PASSING CLASSES:

The obligation to make up all arrears resulting from absences from lectures. It is carried out in consultation with the lecturer. Test at the last lecture.

45 points (maximum)

43-45 5

41-42 4.5

39-40 4

36-38 3.5

30-35 3.0

## SAMPLE ASSESSMENT/EXAMINATION TOPICS

Systems for organizing offensive and defensive actions in team games. What does sport competition mean? - definition. What types of sport competition do you know? What type of operation (action) do you know in team games?

## ENGLISH BIBLIOGRAPHY

<b>Basic</b>	<ol style="list-style-type: none"><li>1. Gamble P. (2010). Strenght and conditioning for team sports. Sport-specific physical preparation for high performance. Routledge.</li><li>2. O'Donoghue P. (2010). Research methods for sports performance analysis. Routledge.</li></ol>
<b>Additional</b>	<ol style="list-style-type: none"><li>1. Rea S. (2023). Sports Science: A complete introduction. John Murray.</li></ol>

## SELF STUDY

<b>Full-time studies</b>		<b>Type of activity</b>
<b>Number of hours to complete the activity</b>	<b>ECTS</b>	
30	1.2	Lecturers
10	0.4	Familiarization with literature
5	0.2	Preparation for classes
5	0.2	Preparation for passing the subject

**Number of ECTS points that a student obtains in classes developing practical skills: 0.**

<b>Author of the class card:</b>	<b>Name, surname and email</b>
Date: 20.09.2024	Karol Gryko karol.gryko@awf.edu.pl