

**Subject:** Handball**I. General information**

<b>Organization unit</b>	Faculty of Physical Education Chair: Department of Team Games Supervisor: Dr Karol Gryko
<b>Course name</b>	Handball
<b>Subject code</b>	WFII-16
<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>	2
<b>Teacher</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>	-

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

A1	Preparing the student to conduct Physical Education handball classes independently
A2	Acquainting with the basic forms of cooperation in handball
A3	Presentation of the systematics of exercises and methodology of teaching the tactics of

	handball
A4	Explaining the rules of the game and the ability to interpret them in court situations.
A5	Acquainting with the characteristics and trends in the development of the discipline

### Learning outcomes

Learning outcome	Subject's learning outcomes
<b>Knowledge</b>	
K_W05 Understands the importance of motivation and aspiration in taking up a physical activity. Knows psychological mechanisms of success in physical activity.	The student has a basic knowledge of the team values of sports games
K_W06 Knows elementary phenomena and social processes that affect sport, physical education, health and physical activity. Recognizes the most important categories of social reality description, knows the importance of social and cultural determinants of participation in sport and movement recreation.	The student knows the rules of handball as well as the ways of their interpretation
K_W08 Recognises the importance of physical activity and movement recreation in a healthy lifestyle in ontogenesis.	The student is able to analyze and explain the technique of making technical elements in handball and knows the purposefulness of its use
K_W09 Knows forms, means and methods as well as the specific nature of the organization of training in diverse sport disciplines and is capable of working with young people, adults and retirees. Knows the rules of developing own original physical education and health plans. Comprehends the need of innovation and innovative and research work in sport. Knows and understands the process of planning, implementation and evaluation.	The student knows the development trend of handball in the field of technical and motor requirements The student knows how to effectively cooperate in achieving goals on the court
K_W10 Familiarity with application of different levels of physical effort and environmental conditions in the development of adaptation and physical fitness of people at different ages and with different physical performance.	The student knows how to ensure the full safety of participants in handball classes
<b>Skills</b>	
K_U06 Ability to evaluate the accuracy of selected exercise and effort programs depending on the age and physical fitness of people exercising.	The student is able to accurately select the exercises to the level of the participants in accordance with the principle of grading the difficulty
K_U10 Ability to organize and to conduct basic tourist and recreational events for	The student is able to correctly conduct sports competitions in handball.

children, young people and adults, observing the relevant safety rules in accordance with the regulations.	The student can referee the game of handball by himself
K_U13 Acquired specialized movement skills in selected forms of physical activities (recreational, sports) and ability to promote them.	The student is able to conduct handball classes in a safe manner and in accordance with the methodology
<b>Social Competences</b>	
K_K01 Promotion of physical activity and health behaviours in the local community among young people and adults who are both active and not active professionally. Participation in social life and physical culture.	The student knows how to promote handball in any environment in which he will work
K_K04 Readiness to undertake individual activities and to execute them in a systematic and professional way. Ability to manage human resources in achieving complex professional tasks of educational character (recreational and health).	The student knows how to carry out recruitment and selection in beginner groups. Is aware of the responsibility for the safety of exercisers
K_K06 Ability to establish social relations in the desired manner making effective use of available communication channels with individuals and social groups.	The student knows how to signal violations of handball rules
K_K07 Ability to execute tasks and objectives allowing for requirements imposed by the existing legislation as well as occupational health and safety of subordinated persons and employing entities. Awareness of responsibility for the safety of people exercising.	The student knows the need to comply with health and safety rules during classes
K_K10 Ability of independent and critical complementing of own knowledge and skills. Use of interdisciplinary approach to the field of specialisation during the execution of assigned tasks.	The student knows the direction of handball development and knows the determinants of it

### Syllabus contents

No	Title
<b>Classes/ Practical classes</b>	
SC1	Organization of classes. Health and safety rules. Rules for obtaining credit for the course, Reminder of the history, methodology and basic rules of the game, Exercises to improve passing, grips and throws. The game. Reminder of the refereeing rules.
SC2	Exercises improving feints and individual defense technique. Everyone's defense system. Principles of individual defense. School game.
SC3	Characteristics of zone defense in the 6: 0 setting, rules of cooperation. The game. Refereeing evaluation
SC4	Characteristics of zone defense in a 5: 1 setting, rules of cooperation. The game. Refereeing evaluation
SC5	Teaching binary cooperation. Changes with and without the ball. Organization of attack in two strips of action in fragments 2x0, 2x1, 2x2. The game. Refereeing evaluation

SC6	Improving the technique of passing and grips in a team setting. Individual ways of freeing oneself from the opponent and the organization of positional attacks with their use. The game. Refereeing evaluation
SC7	Discipline theory test. Methodology, systematics of attack and defense, rules of the game. The game. Refereeing evaluation
SC8	Application of position changes in cooperation on adjacent positions: LW-LB, RW-RB. The game, zone defense system. Refereeing evaluation
SC9	Interaction between: CB-LB-RB in fragments of 3x0. Teaching ternary changes. Single and double cross with the ball. The game. Refereeing evaluation
SC10	Interaction between: CB-LB-RB in fragments of 3x0. Teaching ternary changes. Yugo cross, long cross. The game. Refereeing evaluation
SC11	Interaction between: CB-LB-RB in fragments of 3x0. Teaching ternary changes. Yugo cross, long cross. The game. Refereeing evaluation
SC12	Organization of cooperation between the positions: CB-LB-RB in the advantage and numerical balance in fragments of 3x2 and 3x3. The game. Refereeing evaluation
SC13	Organization of a fastbreak attack. Preparation for the practical test. The game. Refereeing evaluation
SC14	Practical credit of the course with selected elements of cooperation and tactics of the game.
SC15	Improving the practical and theoretical test. Assessment of the game in positions. Refereeing evaluation

Assessment criterion:

Classes attendance, Positive evaluation of practical Examination (A, B, C, D, E, F – insufficient), Theoretical examination (Project or test), Refereeing at the classes (A, B, C, D, E, F – insufficient)

Obligatory literature:

1. Marczinka Z. (1993) Playing handball: a comprehensive study on the game
2. <https://www.eurohandball.com>

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

TYPES OF CLASSES	HOURS
Contact hours	30
Self study	20
<b>Total = 50 hours = 2 ECTS</b>	