

**Subject: THEORY AND METHODOLOGY OF TEAM GAMES****I. General information**

<b>Organization unit</b>	Faculty of Physical Education Chair: Sport Games Supervisor: Karol Gryko Ph.D.
<b>Course name</b>	Theory and methodology of team games
<b>Subject code</b>	29/2/I/PE
<b>Teaching language</b>	English
<b>Type of subject (obligatory/ facultative)</b>	obligatory
<b>Level of studies (eg. bachelor, master)</b>	bachelor
<b>Study year</b>	II
<b>Semester</b>	4
<b>ECTS points</b>	4
<b>Teacher</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 theories. Basic knowledge about structure of motion tasks and movement teaching process.

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

A1	Introducing with the criteria for the division of sport disciplines, 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

Learning outcome	Subject's learning outcomes
<b>Knowledge</b>	
K_W18 Familiarity with the methodology of performing, securing and methodology in selected team and individual sport disciplines, as well as the rules of safe organization of these sports during PE classes and sport and recreational events.	Knowledge about the general concepts, methods, forms and means of teaching movement in relation to team sports games.
K_W19 Familiarity with the basic rules, forms, means and methods of training and with factors that affect the development of qualified sport. Comprehension of the stages of sport training and specific nature of sport training dedicated to children and teenagers. Familiarity with ways of selecting competitors of extreme sports. Familiarity and comprehension of the importance of physical activity and the meaning of sport and training for all.	Understanding levels of sports training and the specificity of sports training for children and adolescents. Knowledge about the specifics of disciplines in the context of the content specifics and the structure of the startup load.
K_W22 Familiarity with the basic rules and methods of planning, organizing and conducting of sport and recreation events.	Knowledge about basic principles and methods of planning, organizing and implementing sports projects in the field of sports games.
<b>Skills</b>	
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.	Formulate and implement basic educational goals as well as to design and evaluate didactic programs in the field of sports games.
K_U06 Ability to implement simple motivational techniques needed for working with children and teenagers as well as to evaluate their behaviour. Ability to notice mistakes in parents' as well as teachers' attitude towards children.	Principles of education and training in pedagogical work and choose methods of education and upbringing according to the assumed learning outcomes.
<b>Social Competences</b>	
K_K01 Development of own sport interests. Comprehension of the need for caring for physical fitness and health to promote health and correct practice of a teaching profession and a coach. Participating in sport life using its different forms with the aim of encouraging individuals and social groups to take up sports as a style of life.	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_K02 Reaching assigned objectives and tasks, planning and implementing educational activities in different social environments individually as well as in a team.	Involved in the implementation of goals and tasks set, designs and performs educational activities in various social environments.

**Syllabus contents**

No	Title
<b>Classes/ Practical classes</b>	
SC1	Organization of classes, criteria for passing the subject. Basic concepts, concepts and definitions related to strenght and conditions preparing.
SC2	Selected aspects of physical fitness in the context of motor system systematics.
SC3	Criteria for the division and classification of sports disciplines in the context of the specificity of sports competition.
SC4	Sport competition in team games, content structure and systematics of offensive and defensive actions.
SC5	Systems for organizing offensive and defensive actions in basketball.
SC6	Systems for organizing offensive and defensive actions in volleyball.
SC7	Systems for organizing offensive and defensive actions in handball.
SC8	Systems for organizing offensive and defensive actions in football.
SC9	Basic concepts and definitions introducing to the problem of the teaching of movement in the context of the stages of mastery of motor activities. Selected aspects of information processing processes during physical activities.
SC10	Stages of information processing during motor activities. Relationship of time and memory with undertaking motor activities.
SC11	Selected concepts of learning and teaching movement activities in the context of team games.
SC12	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 proces.
SC13	Selected aspects of training in sports games in the context of goals and tasks of sports training stages.
SC14	Principles, methods, forms and means of influence in the process of training sports games.
SC15	Test checking the konwledge.

**Assessment criterion:**

Local grade	Grade	Criteria
5	A	Classattendance at least 75%. Activity during class. Minimum 90% points from final test
4,5	B	Classattendance at least 75%. Activity during class. Total 82-89% points from final test
4	C	Classattendance at least 75%. Activity during class. Total 75-81% points from final test
3,5	D	Classattendance at least 75%. Activity during class. Total 65-74% points from final test
3	E	Classattendance at least 75%. Activity during class. Total 55-64% points from final test
2	F	Classattendance at least 75%. Activity during class. Less than 55% from final test

**Obligatory literature:**

1. Gamble P. (2010). Strenght and conditioning for team sports. Sport-specific physical preparation for high performance. Routledge.
2. O'Donoghue P. (2010). Research methods for sports performance analysis. Routledge.

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

<b>TYPES OF CLASSES</b>	<b>HOURS</b>
Contact hours	30
Self study	90
<b>Total = 120 hours = 4 ECTS</b>	