

**Subject:** Methodology of 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>	Methodology of handball
<b>Subject code</b>	WFI-34
<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>	III
<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 history of handball in Poland and in the world
A3	Presentation of the systematics of exercises and methodology of teaching individual technical elements in handball
A4	Mastering the basic technical skills required to play handball

A5	Mastering the basic skills of refereeing handball
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### Learning outcomes

Learning outcome	Subject's learning outcomes
<b>Knowledge</b>	
K_W12 Familiarity with basic physical education terminology, comprehension of its sources and implementation within other associated disciplines (sport, tourism, movement recreation, health and aesthetic behaviour)	The student is able to correctly recognize the positions occurring in the game of handball and knows the terminology related to the discipline
K_W13 Familiarity with historical conditions of sport (physical culture) in different historical periods in Poland and Europe. Comprehension of the causes of modern Olympic movement.	The student knows the dates and circumstances related to the emergence of handball in Poland and in the world and knows the greatest successes of the national team
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.	The student knows and understands the safety rules and the dangers of throwing games The student knows the methodology of teaching individual technical elements in handball
K_W22 Familiarity with the basic rules and methods of planning, organizing and conducting of sport and recreation events.	The student knows how to prepare and conduct a sports competition in handball. The student knows and recognizes the signaling used by handball referees
<b>Skills</b>	
K_U17 Ability to present the technique, secure and correctly implement the teaching methodology for selected team and individual sports in different age groups and groups at diverse advance levels. Ability to safely organize and hold selected individual and team sport activities in the form of educational and sports and recreation events.	The student is able to demonstrate the correct technique of performing the basic technical elements required for playing handball The student knows how to safely organize handball classes
K_U19 Ability to correctly implement the methodology of games and play teaching as well as to select appropriate games and movement play depending on conditions, aim, age and abilities of a participant. Ability to organize games and play events.	The student is able to diagnose incorrect technique of performing game elements and effectively eliminate them The student is able to correctly signal the violation of handball rules
<b>Social Competences</b>	
K_K05 Developing and advancing knowledge and skills in an individual way.	The student knows how to promote handball and where to look for information on current handball sports events
K_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.	The student knows the risks related to the incorrect organization and selection of exercises, games and throwing games. The student is aware of the responsibility for the safety of exercisers

## Syllabus contents

No	Title
Classes/ Practical classes	
SC1	Organization of classes. Health and safety regulations. Rules for obtaining credit for the course. Historical overview of the discipline. Characteristics of the game of handball. Basic rules of the game – field and teams regulations.
SC2	Rules of the game - fouls, penalties, warnings, suspensions. The technique of moving in handball. Games and activities introducing to discipline. School game. Refereeing overview
SC3	Rules of the game - interpretation. Exercises to familiarize with the balls. Teaching catch and pass. The game proper. Refereeing.
SC4	Systematics of attack and defense. Perfecting grips and passes in a variety of settings. The game. Refereeing.
SC5	Theory and methodology of handball. Teaching running throw. The game proper. Refereeing
SC6	Improving the running throw. Teaching jump shots. The game proper. Refereeing
SC7	Preparation for the theoretical examination. Improving jump shots. Teaching lean back shot. The game. Refereeing
SC8	Theoretical examination. The game. Refereeing
SC9	Improving lean back shot. Teaching feints. The game. Refereeing
SC10	Teaching shots from particular positions. Pivot game, backcourt game, winger game. The game. Refereeing
SC11	Preparation for the practical examination. The game. Refereeing
SC12	Practical examination
SC13	Teaching solving situations in the majority of 2x1, 3x2 - the ability to make decisions. The game. Refereeing
SC14	Teaching basic changes of positions (crossing) with and without the ball, solving 2x2 situations. The game. Refereeing
SC15	Practice examination. Mini handball tournament.

Assessment criterion:

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

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>	