

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

Organization unit	Faculty of Physical Education Chair: Sport Games Supervisor: Karol Gryko Ph.D.
Course name	Basketball
Subject code	WFII-19
Teaching language	English
Type of subject (obligatory/ facultative)	obligatory
Level of studies (eg. bachelor, master)	master
Study year	I
Semester	2
ECTS points	2
Teacher	dr Karol Gryko karol.gryko@awf.edu.pl
Studies program in which the subject is realized	PHYSICAL EDUCATION
Method of realization (stationary/ distance learning)	stationary
Prerequisites	Motivation to learn new sport technics, habits in basketball.

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

A1	Preparing the student to conduct the lessons of physical education and extra-curricular activities from basketball
A2	Present systematics of exercises and teaching methodology of individual technical elements and tactics
A3	Mastering the basic skills of refereeing
A4	Mastering the technical and tactical skills of the game

Learning outcomes

Learning outcome	Subject's learning outcomes
Knowledge	
K_W11 Knows the rules of programming and planning of sport and health training in various stages of ontogenesis.	Student has a knowledge about the safety and organization of practical (physical) classes
K_W03 Knows objectives and functions of sport sciences - subjects and methods. Knows and understands basic principles of logic, principles of scientific research, research workflows and basic methods, techniques and research tools. Understands the sampling method. Knows the rules of writing a research paper and ethical principles applicable in research.	Knows the goals and functions of sport sciences - subject and methods. Knows and understands basic principles of logic, principles of scientific research, schemes of research procedure and basic research methods, techniques and tools. He understands the methods of sampling. Knows principles of writing a scientific work and ethical principles binding in scientific research
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.	Knowledge about methodology and systematics of teaching basic technical and tactical elements (classification and systematics of teaching the game Knowledge about drills for teaching technics. Basic rules of the game.
Skills	
K_U06 Ability to evaluate the accuracy of selected exercise and effort programs depending on the age and physical fitness of people exercising.	Is able to assess the correct selection of exercise programs and intensity depending on physical fitness and age of exercisers
K_U09 Ability to develop own original program of physical education, physical recreation and health training. Ability to plan, implement and evaluate sport quality in educational institutions.	Is able to develop an original program of physical education, physical recreation and health training
K_U10 Ability to organize and to conduct basic tourist and recreational events for children, young people and adults, observing the relevant safety rules in accordance with the regulations.	Is able to organize and conduct basic, recreational and touristic events for children and adolescents and adults according to the safe regulations
K_U13 Acquired specialized movement skills in selected forms of physical activities (recreational, sports) and ability to promote them.	Has motor skills specific for particular sport disciplines
Social Competences	
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).	Is prepared for independent actions, implementing them professionally. Is able to manage human teams in the implementation of complexed tasks.

K_K05 Ability to express his opinions in a persuasive way, can negotiate effectively and use basic communication techniques.	Can convincingly express his own opinion, negotiate and use effectively basic communication techniques.
K_K06 Ability to establish social relations in the desired manner making effective use of available communication channels with individuals and social groups.	Establishes social relations in a correct manner using effectively available communication channels with individuals and social groups

Syllabus contents

No	Title
Classes/ Practical classes	
SC1	Improvement of the get to know technical elements. Basic rule of the game,
SC2	Dribbling and changing direction (weaker hand). Grounds for refereeing.
SC3	Lay-up shot after dribbling(weaker hand).
SC4	Lay-up shot after receiving the ball (weaker hand). Refereeing.
SC5	Screen (to and from the ball).
SC6	Screen defense. Refereeing.
SC7	Binary combinations using screens (2x2).
SC8	Triple combinations using screen (3x3). Refereeing.
SC9	Half-court offense against the man to man defense. Game. Refereeing.
SC10	Man to man defense full court. Game. Refereeing.
SC11	Zone defense (general rules).
SC12	Tournament with the participation of 4 teams (organization, carrying out). Refereeing.
SC13	Tournament with the participation of 4 teams (organization, carrying out). Refereeing.
SC14	Improving the technical elements learned.
SC15	Test.

Assesment 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
4,0	C	Adequate result upon a practical examination. Activity during class
3,5	D	Adequate result upon a practical examination. Activity during class
3,0	E	Adequate result upon a practical examination
2,0	F	Insufficient result upon a practical examnation

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
Total = 60 hours = 2 ECTS	