

Subject: Methodology of HANDBALL

GENERAL INFORMATION

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| Organization unit | Faculty of: Physical Education. Chair of: Physical Education Chairman: |
| Course name | Methodology of Handball |
| Subject code | WFI-35 |
| Teaching language | English |
| Type of subject (obligatory/ facultative) | obligatory |
| Level of studies (eg. bachelor, master) | bachelor |
| Study year | II |
| Semester | III |
| ECTS points | 3 |
| Professor | Dr Marcin Smolarczyk |
| Studies program in which the subject is realized | Physical Education |
| Method of realization (stationary/ distance learning) | stationary |
| Prerequisites | |

DETAILED INFORMATION

Course aims and objectives

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| <ol style="list-style-type: none"> 1. Preparation of the student for independently conducting Physical Education lessons in handball 2. Presentation of the classification of exercises and the methodology of teaching individual technical elements in handball 3. Mastery of basic technical skills required to play handball 4. Mastery of basic refereeing skills in handball |
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Main topics

| No | Topic |
|-------------------------|---|
| Lectures/classes | |
| 1. | Organization of classes. Health and Safety regulations. Requirements for passing the course. Movement technique in handball |
| 2. | Introductory games and activities for the discipline |
| 3. | Ball familiarization exercises. |
| 4. | Teaching catching and passing |
| 5. | Teaching catching and passing |
| 6. | Teaching: basic shot, |
| 7. | Teaching: jump shot, |
| 8. | Teaching: other shots, |
| 9. | Teaching: feints |
| 10. | Teaching defensive play, including stance and defensive interventions |
| 11 | Teaching how to solve basic game situations based on numerical advantage. |
| 12 | Teaching how to solve basic game situations based on numerical advantage. |
| 13 | Basic skills in fast break. |
| 14 | Practical examination |
| 15 | Practical examination |

CONDITIONS FOR PASSING CLASSES:

- Attendance and active participation in classes. Any missed content due to absence must be made up during consultations and/or by attending practical classes with other groups.



- Final assessment including a practical exam (basic skills) and a theoretical component (a presentation on the theory of the discipline, its history, and methodology).
- Positive evaluation of refereeing a handball game.

1 ECTS point = 25 hours students work (contact + self study)

| TYPES OF CLASSES | HOURS |
|---|-------|
| 1. Contact classes | 30 |
| 2. Students' preparations of the presentations | 20 |
| 3. Self study as preparation to the refereeing | 15 |
| 4. Self study as reading text prepared by the teacher | 10 |
| Total = 75 hours- ECTS points 3. | |

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| Author of the class card: | Name, surname and email |
| Date: | Dr Marcin Smolarczyk, marcin.smolarczyk@awf.edu.pl |