

CLASS CARD**METHODOLOGY OF BASKETBALL**

Basic casus	Code in the study plan	ECTS
Nazwa zajęć	WFI-33	3

Education profile	practical
Faculty and field of study	Physical Education / Physical Education
Studies program in which the subject is realized	Physical Education
Professor's name	Karol Gryko
Level of studies (eg. bachelor, master)	Bachelor
Study year and semester	1, term 1
Language	English
Method of realization (stationary/ distance learning)	stationary
Lectures/classes hours	0/30
Form of passing classes	Z1
Type of subject (obligatory/ facultative)	obligatory
Prerequisites	-

DETAILED INFORMATION**Course aims and objectives**

A1	Preparing the student to independently conduct physical education lessons in basketball
A2	Introducing and equipping students with knowledge in the field of methodical teaching of technical and tactical skills in basketball
A3	The student is able to perform technical skills used in physical education lessons in basketball
A4	Mastering refereeing skills by students

LEARNING OUTCOMES IN KNOWLEDGE, SKILLS AND SOCIAL COMPETENCES FOR CLASSES

Learning outcome	Subject's learning outcomes
KNOWLEDGE	
K_W01	P_W01 Knows and understands the terminology in basketball methodology and the methods of teaching technical and tactical skills used in physical education and sports.

K_W12	P_W02 Zna technikę wykonania, asekuracji i metodykę nauczania w koszykówce oraz zasady bezpiecznego wykonania umiejętności techniczno-taktycznych z koszykówki
K_W13	P_W03 Knows the principles, forms, means and methods of training used in basketball for the sports training of children and youth.
SKILLS	
K_U11	P_U01 Demonstrates technique and correctly applies basketball teaching methodology
K_U12	P_U02 Can safely organize and lead a basketball game
SOCIAL COMPETENCES	
K_K01	P_K01 Understands the need for lifelong learning. Understands the need to take care of one's own physical fitness and health in order to promote health and proper performance of the profession of a physical education teacher and trainer

SUBJECT PROGRAM CONTENT DIVISION BY FORMS OF IMPLEMENTATION

FORM OF CLASSES – LECTURE - subject		Reference to subject-specific learning outcomes
Term 1	Practical familiarization of students with the principles and methods of work ensuring occupational health and safety when performing activities within the framework of classes using sports equipment. Basketball rules. Application of games and entertainment in the process of teaching basic technical skills in basketball. Movement without the ball in the attack. Turns without the ball. Exercises to familiarize with the ball. Dribbling. Changes of direction with the ball. Throw after dribbling. Turns with the ball. Individual defense (stances, movement), positions. One-handed throw from a place above the head. Catches, passes. Running throw after a pass. Jump shot. Procedure in a 1x1 situation without the ball in the attack. Procedure in a 1x1 situation with the ball in the attack. Playing a situation in a numerical superiority 2x1. Playing a situation in a numerical superiority 3x2, fast attack. "Man to man" defense (basic cooperation). Positional attack in a 5:0 formation. Officiating a basketball game.	P_W01-03 P_U01,02 P_K01

PLANNED METHODS/FORMS/TEACHING MEANS

Program content	Teaching methods/forms
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Classes, Term 1	Practical classes, measurement, demonstration, description, explanation, conducting fragments of classes
Teaching resources: basketballs, cones, poles, markers, whistle, tactical board, whiteboard	

METHODS OF VERIFYING THE EXPECTED LEARNING OUTCOMES ACHIEVED BY THE STUDENT

Learning outcomes for lectures	Assessment methods
P_W 01,02,03	Final written exam – theoretical test
P_U 01	Assessment of motor skills - practical test
P_U 02, P_W 03	Continuous assessment
P_K01	Student activity, ongoing preparation for classes, continuous assessment

CONDITIONS FOR PASSING CLASSES:

- Conducting refereeing (pass);
- Conducting a warm-up (pass);
- Passing all the content covered in the classes is a condition for admission to the theoretical and practical pass;
- Theoretical test (written) covers issues related to technique, methodology, rules of the game and the use of forms, means and methods in teaching technical skills in basketball used in physical education classes and sports training;
- Practical test covering basic technical skills - a shot after a dribble, a running shot after a pass, a shot from a place (free throw). Each skill for a grade;
- The final grade from the exercises is the arithmetic average of the grades from the practical test and in order to obtain a final grade, you must also pass the theoretical test, conducting refereeing, and the warm-up.

SAMPLE ASSESSMENT/EXAMINATION TOPICS

- Discuss the methodology of teaching a shot after dribbling.
- Basketball rules (e.g. timing violations).
- One-handed overhead jump shot technique.
- Describe the methodology of catches and passes.
- Small side games in the process of teaching technical skills.

ENGLISH BIBLIOGRAPHY

Basic	<ol style="list-style-type: none"> 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.
Additional	<ol style="list-style-type: none"> 1. Gamble P. (2010). Strength 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.

SELF STUDY

Full-time studies		Type of activity
Number of hours to complete the activity	ECTS	
30	1.2	Lecturers
20	0.8	Familiarization with literature
10	0.4	Preparation for classes
15	0.6	Preparation for passing the subject

Number of ECTS points that a student obtains in classes developing practical skills about research projects: 2.

Author of the class card:	Name, surname and email
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