

Subject: METHODOLOGY OF BSKETBALL

GENERAL INFORMATION

Organization unit	Faculty of Physical Education Chair of: Sport Games Chairman: Karol Gryko
Course name	Methodology of Basketball
Subject code	WFI-33
Teaching language	English
Type of subject (obligatory/ facultative)	obligatory
Level of studies (eg. bachelor, master)	bachelor
Study year	1
Semester	1
ECTS points	3
Professor	Karol Gryko karol.gryko@awf.edu.pl
Studies program in which the subject is realized	PE
Method of realization (stationary/ distance learning)	stationary
Prerequisites	-

DETAILED INFOMATION

Course aims and objectives

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



Main topics

No	Title
Lectures	
1.	Basic rule of the game. Movies without ball.
2.	Warm-up in basketball. Rule of the game.
3.	Dribbling and changing direction (strong hand). Grounds for refereeing.
4.	Lay-up shot after dribbling (strong hand). Game.
5.	Lay-up shot after receiving the ball (strong hand). Game and refereeing.
6.	Man to man defense. Free-throw shot. Game and refereeing.
7.	Jump shot. Game and refereeing.
8.	Passing. Game and refereeing.
9.	Off-ball movies. Game and refereeing.
10.	Ball movies. Game and refereeing.
11.	Fast-break. Game and refereeing.
12.	Playing 2x1 and 3x2. Game and refereeing.
13.	Basic rules of half-court offense system. Game.
14.	Theory examination.
15.	Practical examination. Final 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.

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

TYPES OF CLASSES	HOURS
1. Contact lectures	30
2. Familiarization with literature	20
3. Preparation for classes	10
4. Preparation for passing the subject	15



Total = 75 hours (ECTS 3 points)

Author of the class card:	Name, surname and email
Date: 20.09.2024	Karol Gryko Karol.gryko@awf.edu.pl