

Subject: BASKETBALL

GENERAL INFORMATION

Organization unit	Faculty of Physical Education Chair of: Sport Games Chairman: Karol Gryko
Course name	Basketball
Subject code	WFII-24
Teaching language	English
Type of subject (obligatory/ facultative)	obligatory
Level of studies (eg. bachelor, master)	master
Study year	1
Semester	2
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	Motivation to learn new theories. Basic knowledge about methodology of basketball

DETAILED INFORMATION

Course aims and objectives

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

Main topics

No	Title
Lectures	
1.	Improvement of the get to know technical elements. Basic rule of the game.
2.	Dribbling and changing direction (weaker hand). Grounds for refereeing.
3.	Lay-up shot after dribbling(weaker hand).
4.	Lay-up shot after receiving the ball (weaker hand). Refereeing.
5.	Screen (to and from the ball).
6.	Screen defense. Refereeing.
7.	Binary combinations using screens (2x2).
8.	Triple combinations using screen (3x3). Refereeing.
9.	Half-court offense against the man to man defense. Game. Refereeing.
10.	Man to man defense full court. Game. Refereeing.
11.	Zone defense (general rules).
12.	Tournament with the participation of 4 teams (organization, carrying out). Refereeing.
13.	Tournament with the participation of 4 teams (organization, carrying out). Refereeing.
14.	Improving the technical elements learned.
15.	Test.

CONDITIONS FOR PASSING CLASSES:

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

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