

CLASS CARD**BASKETBALL**

Basic classes	Code in the study plan	ECTS
Nazwa zajęć	WFII-24	3

Education profile	general education
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)	Master
Study year and semester	1, term 2
Language	English
Method of realization (stationary/ distance learning)	stationary
Lectures/classes hours	0/30
Form of passing classes	Z2
Type of subject (obligatory/ facultative)	obligatory
Prerequisites	Motivation to learn new theories. Basic knowledge about methodology of basketball

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 IN KNOWLEDGE, SKILLS AND SOCIAL COMPETENCES FOR CLASSES

Learning outcome	Subject's learning outcomes
KNOWLEDGE	
K_W01	P_W01 Has in-depth knowledge of concepts, theories and methods used in the field of physical education and sports in the field of basketball

K_W07	<p>P_W02 Knows the technique of execution, protection and teaching methodology in basketball as well as the principles of safe execution of technical and tactical basketball skills</p> <p>P_W03 Knows the principles, forms, means and methods of training used in basketball at various stages of sports training</p>
SKILLS	
K_U10	P_U01 Can safely organize and lead a basketball game
K_U12	P_U02 Demonstrates technique and correctly applies basketball teaching methodology
SOCIAL COMPETENCES	
K_K01	P_K01 Promotes physical activity and health-promoting behaviors. Takes care of one's own physical fitness and health to promote health and use in future professional work

SUBJECT PROGRAM CONTENT DIVISION BY FORMS OF IMPLEMENTATION

FORM OF CLASSES – LECTURE - subject		Reference to subject-specific learning outcomes
Term 2	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. Practical application of basketball rules in the training process. Improvement of the technical elements learned - a shot after a dribble (weaker hand). Running shot (weaker hand). Screens (to and from the ball). Screen defense. Two-man combinations using screens (2x2). Three-man combinations using screens (3x3). Attacking against the "every man his own" defense. Zone defense (basic principles). Organization and conduct of a tournament with the participation of 4 teams. Refereeing a basketball match.	P_W01-03 P_U01,02 P_K01

PLANNED METHODS/FORMS/TEACHING MEANS

Program content	Teaching methods/forms
Classes, Term 4	Practical classes, measurement, demonstration, description, explanation, conducting fragments of classes
Teaching resources: basketball balls, 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	Conducting fragments of classes (warm-up) on a given topic and fragments of judging – evaluation.
P_U 01	Organization and conduct of a basketball tournament – evaluation.
P_U 02	Assessment of movement skills – practical test.
P_K01	Student activity, ongoing preparation for classes, continuous assessment.

CONDITIONS FOR PASSING CLASSES:

- Conducting refereeing (assessment);
- Conducting a fragment of the warm-up (maximum 20 minutes) on a topic assigned by the instructor – assessment;
- Organizing and conducting a basketball tournament (assessment);
- Passing all the content covered during the classes is a condition for admission to the practical test, which is conducted during the last two classes;
- Practical test covering technical skills – a shot after a dribble in two-on-one cooperation, a running shot after a pass in two-on-one cooperation, a jump shot. Each skill for a grade;
- The final grade for the exercises is the arithmetic mean of the grades from the practical test, conducting refereeing, warm-up and organizing and conducting the tournament.

SAMPLE ASSESSMENT/EXAMINATION TOPICS

- Conduct a basketball jump shot segment
- Perform a running shot after a pass in a two-on-one drill
- Perform a jump shot

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.
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Additional	<ol style="list-style-type: none"> 1. Gamble P. (2010). Strenght 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.
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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 skills about research projects: 1.

Author of the class card:	Name, surname and email
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