

CLASS CARD**Methodology of HANDBALL**

Basic classes	Code in the study plan	ECTS
Methodology of HANDBALL	WFI-35	3

Education profile	Practical
Faculty and field of study	Physical Education
Studies program in which the subject is realized	Physical Education
Professor's name	Dr Marcin Smolarczyk
Level of studies (eg. bachelor, master)	bachelor
Study year and semester	II and III
Language	English
Method of realization (stationary/ distance learning)	stationary
Lectures/classes hours	0/30
Form of passing classes	Practical examination
Type of subject (obligatory/ facultative)	obligatory
Prerequisites	

DETAILED INFORMATION**Course aims and objectives**

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

LEARNING OUTCOMES IN KNOWLEDGE, SKILLS AND SOCIAL COMPETENCES FOR CLASSES

Learning outcome	Subject's learning outcomes
KNOWLEDGE	
P_W01	Has advanced knowledge of the methods and forms used in teaching handball.

P_W02	Has knowledge of the roles performed during a handball game.
P_W03	Has knowledge of the methodological approach to teaching the basic elements of handball..
P_W04	Has knowledge of the rules of handball.
SKILLS	
P_U01	Is able to demonstrate the correct execution of basic handball techniques.
P_U02	Is able to identify errors in performed exercises.
P_U03	Is able to recognize and apply the signals used by handball referees.
SOCIAL COMPETENCES	
P_K01	Knows the principles of conducting handball classes.
P_K02	Is able to conduct a handball match in accordance with the official rules of the game.

SUBJECT PROGRAM CONTENT DIVISION BY FORMS OF IMPLEMENTATION

FORM OF CLASSES – LECTURE - subject		Reference to subject-specific learning outcomes
FORM OF CLASSES – CLASSES – subject		Reference to subject-specific learning outcomes
Organization of classes. Health and Safety regulations. Requirements for passing the course. Historical background of the discipline. Characteristics of handball. Basic game rules – court and teams. Movement technique in handball. Introductory games and activities for the discipline. Ball familiarization exercises. Teaching catching and passing. Teaching: running shot, jump shot, shot after a hop, and feints. Teaching defensive play, including stance and defensive		P_W01,02,03,04 P_U01, 02,03 P_K01,02

interventions. Teaching how to solve basic game situations based on numerical advantage.3x2 and 3x3 segments. Organization of fast break attack.	

PLANNED METHODS/FORMS/TEACHING MEANS

Program content	Teaching methods/forms
Practical classes	Practical classes, demonstration, description, explanation, conducting parts of the lessons.
Teaching resources: Handballs, tactical board.	

METHODS OF VERIFYING THE EXPECTED LEARNING OUTCOMES ACHIEVED BY THE STUDENT

Learning outcomes for classes	Assessment methods
P_W01,02 P_U02 P_U01 P_U03	Assessment of handball specific skills.
P_W04 P_U02,03 P_K01,02	Observation – game organization and refereeing.
P_W01,03 P_U01,02 P_K01,	Continuous assessment, preparation for classes.

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.

SAMPLE ASSESSMENT/EXAMINATION TOPICS

- **Discuss the methodology of teaching technical elements in handball.**

This includes progressive teaching of individual technical skills such as passing, catching, dribbling, shooting, and defensive movements. Methodology should follow the principles of progression—from simple to complex, from static to dynamic, and from individual to team-

based actions. Emphasis is placed on proper demonstration, repetition, and correction of errors during practice.

- **Handball rules (ball handling, penalties and progressive punishment, fouls, substitution area).**

Covers legal ways of playing the ball, types of fouls (personal, technical), progression of penalties (warnings, 2-minute suspensions, disqualifications), and the rules of player substitution within the designated substitution area.

- **Classification of offensive and defensive systems in handball.**

Offensive systems: positional attack, fast break, second wave, playing in numerical advantage/disadvantage.

Defensive systems: 6:0, 5:1, 3:2:1, man-to-man. Each system has specific tactical goals and requires different positioning and cooperation.

ENGLISH BIBLIOGRAPHY

Basic	<i>Playing Handball – a comprehensive study of the game, dr Zoltan Marczinka</i>
Additional	

SELF STUDY

Full-time studies		Type of activity
Number of hours to complete the activity	ECTS	
30	1,4	classes
45	1,6	Familiarization with the assigned literature, theory project,

Number of ECTS points that a student obtains in classes developing practical skills: 2

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