

Faculty of Physical Education and Tourism

Course Unit					Handball		
Bachelor in Physical Education					Code: I/K/25		
Year of study	Semestr	Type	Workload (hours)		Contacts hours	ECTS credits	Language of instruction
III	5	semestral	50	Lectures	0	2	1. Polish 2. Polish with additional English suport for foreign students
				Problem solving	30		
Name (s) of lecturer (s)							
e-mail:							
Prerequisites:							
<p>Before the course unit the learner is expected to:</p> <p>Have technical and physical skills related to sport.</p>							
Learning outcomes and competences							
<p>At the end of the course unit the learner is expected to:</p> <ol style="list-style-type: none"> 1. Know the technique of playing, belaying and teaching methodology in the field of team games. 2. Know the rules of safe organization of team sports in the form of educational activities. 3. Be able to use body language; apply the basic principles of didactic communication. 4. Be able to select and present the basic training measures and methods for the needs of children and youth sports. 5. Be able to detect sports talents and direct them on the right path of development. 							
Course contents (lectures):							
<ol style="list-style-type: none"> 1. Technique and tactics of handball. 2. Introductory and familiarizing exercises with balls. 3. Games and plays with balls used in teaching and improving the techniques and tactics in handball. 							
Course contents (problem solving):							

1. Systematics of exercises and methodology of teaching passes and ball catches
2. Systematics of exercises and methodology of teaching dribble, feint, ball-less play and goal-throw.
3. Systematics of exercises and methodology of teaching movement in defense.
4. Systematics of exercises and methodology of teaching movement in attack
5. Systematics of exercises and methodology of teaching the technique of goalkeeping.

Teaching and learning methods:

Methods based on the students' practical activity of direct and indirect nature (performing didactic tasks in a specific school, simulation method, drama).

Assessment methods:

1. Continuous evaluation
2. Practical Work

Recommended reading

1. Dulawa M.: *Pilka ręczna. Zasady, porady, trening*, Wydawnictwo Dragon, Warszawa 2018
2. Dencikowska A., *Pilka ręczna*, Wydawnictwo Uniwersytetu Rzeszowskiego, Rzeszów 2012
3. Biernacki L., Kubrycht J., Nowiński W.: *Pierwsze kroki w piłce ręcznej. Przewodnik metodyczny*, AWF i S Gdańsk, Gdańsk 2013
4. Nowiński W.: *Bramkarz najważniejszy zawodnik w piłce ręcznej. Technika i taktyka*, ZPRP, 2009
5. Hundito B., (2016) *Handball teaching and student interests*, LAP Lambert Academic Publishing.

Authorisation – course coordinator and course teachers (signatures):