**SYLABUS**

**applies to the** 2024-2027 **education cycle**

(extreme dates)

2024/2025 academic year

**1. BASIC INFORMATION ABOUT THE COURSE**

|  |  |
| --- | --- |
| Name of the course | Basketball with methodology |
| Course Code\* |  |
| Name of the direction unit | College of Medical Sciences |
| Name of the unit realizing the course | Institute of Physical Culture Sciences |
| Field of study | Physical Education |
| Level of study | First degree studies |
| Profile | Academic |
| Form of studies | Full time |
| Year and semester/s of studies | 1 and 3 year, sem. II and V |
| Subject type | Team sports |
| Language of lectures | Polish |
| Coordinator | Paweł Lenik, Ph.D. |
| Name and surname of the person(s) conducting the course | Classes:  Paweł Lenik, Ph.D. |

\* *-optionally, as agreed in the Unit*

**1.1. FORMS OF CLASSES, NUMBER OF HOURS AND ECTS CREDITS**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Semester  (No.) | Lecture | Classes | Conv. | Lab. | Sem. | Pract.  Classes | Teaching practice | Other(s)(?) | **No. of ECTS** |
| summer |  | 20 |  |  |  |  |  |  | 2 |

**1.2. THE WAY OF CONDUCTING THE CLASSES**

classes in the traditional form

☐ classes conducted using distance learning methods and techniques

**1.3** **FORM OF CREDITING THE COURSE (ONGOING) (EXAM, PASS WITH A GRADE, PASS WITHOUT A GRADE)**

**Classes – pass with a grade**

2. Prerequisites

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| Methodology of physical education |

3. goals, learning outcomes, curriculum content and teaching methods used

**3.1 OBJECTIVES (O) OF THE COURSE**

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| O1 | Acquisition by the student of practical skills to independently conduct basketball classes |
| O2 | Organizing theoretical knowledge in the field of basketball |
| O3 | Familiarizing students with the rules of the game and learning basketball refereeing |
| O4 | Teaching in the field of planning and conducting competitions in a basketball tournament |

**3.2 LEARNING EFFECTS FOR THE COURSE**

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| --- | --- | --- |
| EK (LEARNING EFFECT) | COURSE-DEFINED LEARNING EFFECT CONTENT | REFERENCE TO DIRECTIONAL EFFECTS |
| EK\_ 01 | He will explain the recruitment and selection criteria and the structure of sports training for children and youth in basketball | K\_W10 |
| EK\_ 02 | Discuss the health and safety rules that apply during physical education lessons, | K\_W14 |
| EK\_ 03 | It defines the rules of the game in basketball and mini basketball | K\_W17 |
| EK\_ 04 | He will discuss the construction of the course of physical education lessons. | K\_W18, |
| EK\_ 05 | Methods of performing movement tasks, teaching movement. | SKN/WFI/W6 |
| EK\_06 | The use of teaching aids in the physical education process, including accessories, equipment and sports devices, the use of modern information and computer technologies and Internet applications to measure individual physical activity; | SKN/WFI/W8 |
| EK\_07 | Methods of performing movement tasks, teaching movement. | K\_U04, |
| EK\_08 | The student performs and is able to demonstrate elements of individual technique in basketball (spot shot, running shot after passing, running shot after dribbling, passing in place, passing in motion, movement of a player without the ball in attack, in defense, dribbling); | K\_U07, |
| EK\_09 | Identify typical exercises and movement tasks with the general and specific requirements of the core curriculum, physical education curriculum in primary school, develop key competences in the physical education process at the primary school stage. | SKN/WFI/U1 |
| EK\_10 | Construct tools (checks and tests) to control and evaluate the motor skills taught; | SKN/WFI/U9 |
| EK\_11 | Use control, corrective and guiding activities in order to remove errors in teaching or improving specific motor skills; | SKN/WFI/U10 |
| EK\_12 | The student will apply selected tactical settings (defense and attack) in basketball; | K\_U08 |
| EK\_13 | It organizes school sports competitions as part of the Children's Games Program. | K\_U21 |
| EK\_14 | The student is able to communicate with the class and the group during physical education basketball lessons | K\_U25 |
| EK\_15 | Uses literature and classic studies in the scope of the content taught, performs practical tasks at a basic level  Searches for knowledge in the latest studies and publications in Polish, masters practical tasks at a good level  Updates his knowledge on the basis of English-language literature, performs practical tasks to a very good degree | K\_K02 |
| EK\_16 | Developing the ability of students to cooperate in groups, teams and training groups; | SKN/WFI/K5 |
| EK\_17 | Develop students' curiosity, activity and independence as well as logical and critical thinking in relation to various individual and team forms of physical activity; | SKN/WFI/K7 |

**3.3 PROGRAM CONTENT**

A. Lecture topics

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| Content |
| None |

B. Issues of auditorium, seminar and laboratory exercises, practical classes

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| Content |
| **Year 1 semester II** |
| 1. Games and activities with elements of basketball |
| 2. Methodology, systematics and technique of teaching technical skills (moving a player in attack without the ball, passing and catching, spot kick, running shot after passing, running shot after dribbling, dribbling). Teaching aids in teaching basketball. Basketball in the primary school PE curriculum. |
| 3. Discussing the basketball rules and learning how to referee. |
| **Year 3 semester V** |
| 4. Games and activities developing cooperation and communication in basketball |
| 5. Assessment of individual technique (moving a player in attack without the ball, passing and grabbing, standing shot, running shot after passing, running shot after dribbling, dribbling) |
| 6. Organizing and conducting a basketball tournament. |

3.4 Teaching methods

Exercises:

• Feeders: (instructional)

• Problematic: didactic games

• Exhibiting: (show)

4. ASSESSMENT METHODS AND CRITERIA

4.1 METHODS OF VERIFICATION OF LEARNING OUTCOMES

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| LEARNING EFFECT SYMBOL  (EK) | METHODS OF LEARNING RESULTS ASSESSMENT  (E.G.: TEST, ORAL EXAMINATION, WRITTEN EXAMINATION, PROJECT, REPORT, OBSERVATION DURING CLASSES) | FORM OF TEACHING  (LECTURE, CLASSES, …) |
| EK\_ 01 | Test | Classes |
| EK\_ 02 | Test | Classes |
| EK\_ 03 | Match report | Classes |
| EK\_ 04 | Test | Classes |
| EK\_ 05 | Test | Classes |
| EK\_ 06 | Lesson plan | Classes |
| EK\_ 07 | Lesson plan | Classes |
| EK\_ 08 | Observation during classes | Classes |
| EK\_ 09 | Observation during classes | Classes |
| EK\_ 10 | Observation during classes | Classes |
| EK\_ 11 | Observation during classes | Classes |
| EK\_ 12 | Sport event plan | Classes |
| EK\_ 13 | Observation during classes | Classes |
| EK\_ 14 | Observation during classes | Classes |
| EK\_ 15 | Observation during classes | Classes |
| EK\_ 16 | Observation during classes | Classes |
| EK\_ 17 | Observation during classes | Classes |

4.2 CONDITIONS FOR PASSING THE COURSE (ASSESSMENT CRITERIA)

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| **Credit conditions 1 Year**  40% of the grade are the results of the test,  40% is a test of technical skills,  10% of the grade is the synopsis/match report,  10% of the grade are grades from the student's observations in class  **TEST**  The points obtained for the test are converted into percentages corresponding to the grades  - up to 50% - unsatisfacory,  - 51% - 60% - satisfactory,  - 61% - 70% - satisfactory plus,  - 71% - 80% - good,  - 81% - 90% - good plus,  - 91% - 100% - very good  **TECHNICAL SKILLS TEST**  **Unsatisfactory**  • when all skills fail technically and he hits two or fewer throws,  • when he will not fluently move from skill to skill,  • when he does not perform all the skills in rhythm while maintaining the correct operation of the upper and lower limbs,  • when he is out of control of his body while performing a skill,  • when he performs movements,  • when he is out of control of the ball while dribbling and throwing,  • when skills are not repeatable.  **Satisfactory**  • when he performs all skills correctly and hits 3 out of 6 throws,  • when he will not fluently move from skill to skill,  • when he performs 5 out of 10 skills in rhythm while maintaining the correct operation of the upper and lower limbs,  • when he is in control of his body while performing skills,  • when he performs movements resulting from practicing another sport discipline while maintaining technique  • when he is in control of the ball while dribbling and throwing,  • when skills are repeatable.  **Satisfactory plus**  • when he performs all skills correctly and hits 3 out of 6 throws,  • when he smoothly moves from skill to skill,  • when he performs 7 out of 10 skills in rhythm while maintaining the correct operation of the upper and lower limbs,  • when he is in control of his body while performing skills,  • when he performs minor movements resulting from practicing another sport  • when he is in control of the ball while dribbling and throwing,  • when skills are repeatable.  **Good**  • when he performs all skills correctly and hits 4 out of 6 throws,  • when he will not fluently move from skill to skill,  • when he performs 9 out of 10 skills in rhythm while maintaining the correct operation of the upper and lower limbs,  • when he is in control of his body while performing skills,  • when he performs minor movements resulting from practicing another sport,  • when he is in control of the ball while dribbling and throwing,  • when skills are repeatable.  **Good plus**  • when he performs all skills correctly and hits 5 out of 6 throws,  • when he smoothly moves from skill to skill,  • when he performs all 10 skills in rhythm while maintaining the correct operation of the upper and lower limbs,  • when he is in control of his body while performing skills,  • when he does not perform movements that disturb the proper structure,  • when he is in control of the ball while dribbling and throwing,  • when skills are repeatable.  **Very good**  • when he performs all skills technically correctly and hits all throws,  • when he smoothly moves from skill to skill,  • when he performs all the skills in rhythm while maintaining the correct operation of the upper and lower limbs,  • when he is in control of his body while performing skills,  • when he is not making movements,  • when he is in control of the ball while dribbling and throwing,  • when skills are repeatable.  **Passing conditions 3 Year**  40% of the grade are the results of the test,  40% is a test of technical skills,  10% of the grade is the project of a sports event,  10% of the grade are grades from the student's observations in class  **TEST**  The points obtained for the test are converted into percentages corresponding to the grades  - up to 50% - insufficient,  - 51% - 60% - sufficient,  - 61% - 70% - sufficient plus,  - 71% - 80% - good,  - 81% - 90% - good plus,  - 91% - 100% - very good  **TECHNICAL SKILLS TEST**  Unsatisfactory - up to 50% of the number of points scored when assessing skills  Satisfactory - 51% - 60% - of the number of points scored when assessing skills  Satisfactory plus - 61% - 70% - the number of points scored when assessing skills  Good - 71% - 80% - the number of points scored when assessing skills  Good plus - 81% - 90% - good plus, the number of points scored when assessing skills  Very good - 91% - 100% - very good number of points scored when assessing skills  The points obtained for the test are converted into percentages corresponding to the grades  - up to 50% - unsatisfactory,  - 51% - 60% - satisfactory,  - 61% - 70% - satisfactory plus,  - 71% - 80% - good,  - 81% - 90% - good plus,  - 91% - 100% - very good |

5. TOTAL STUDENT WORK NEEDED TO ACHIEVE THE TARGET OUTCOMES IN HOURS AND ECTS POINTS

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| --- | --- |
| **Form of activity** | **The average number of hours to complete the activity** |
| Contact hours resulting from the schedule of studies | 40 h |
| Others with the participation of an academic teacher(participation in consulting hours, exam) | 20 h  (16 hours participation in consultations,  4 hours) |
| Non-contact hours - student's own work  (preparation for classes, exam, writing a paper, etc.)  Developing an outline  Preparing to conduct the designated game | 40 h  (preparation for class 5  preparation for passing 35) |
| TOTAL NUMBER OF HOURS | 100 |
| **TOTAL NUMBER OF ECTS CREDITS** | 4 |

*\* IT SHOULD BE TAKEN INTO ACCOUNT THAT 1 ECTS CREDIT EQUALS 25-30 HOURS OF TOTAL STUDENT WORK.*

6. TEACHING PRACTICE WITHIN THE COURSE

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| --- | --- |
| NUMBER OF HOURS | None |
| PRINCIPLES AND FORMS OF TEACHING PRACTICE | None |

7. LITERATURE

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| OBLIGATORY LITERATURE:   1. Huciński T., Lenik P., Połaniecka A., Wilczewski T. (2016). Kompetencje psychospołeczne dzieci i młodzieży w nauczaniu umiejętności techniczno-taktycznych w koszykówce. Wydawnictwo Uniwersytetu Rzeszowskiego. Rzeszów. 2. Huciński T, Lenik P, Wilczewski T. System w nauczaniu podstaw techniki w koszykówce w ujęciu psychospołecznym. Wyd. PZKosz Warszawa 2016. 3. Litkowicz R, Olex-Zarychta D. Uczymy grać w koszykówkę. Technika, taktyka oraz metodyka nauczania koszykówki w procesie wychowania fizycznego. Cz I, Cz II. Katowice 2009. 4. Lenik. P, Kunysz-Rozborska M. Gry i zabawy ruchowe jako forma kształtowania umiejętności społecznych i psychomotorycznych. Rzeszów 2020. 5. PZKosz „Przepisy gry w koszykówkę”.   Mazur D., Mikołajec K.: Koszykarski atlas ćwiczeń. Warszawa 2009. |
| Supplementary Literature:   1. Dudziński T. Nauczanie podstaw techniki i taktyki koszykówki. Przewodnik do zajęć z koszykówki ze studentami kierunku nauczycielskiego. Poznań 2004. 2. Huciński T., Kisiel E. Szkolenie dzieci i młodzieży w koszykówce. Teoria i praktyka. Warszawa 2008 3. Ryszard Litkowycz, Dorota Olex-Zarychta. Uczymy grać w koszykówkę : technika, taktyka oraz metodyka nauczania koszykówki w procesie wychowania fizycznego. Cz. 2, Obrona indywidualna i zespołowa; Akademia Wychowania Fizycznego im. Jerzego Kukuczki w Katowicach 4. Ryszard Litkowycz, Dorota Olex-Zarychta Uczymy grać w koszykówkę: taktyka, technika, metodyka nauczania koszykówki w lekcjach wychowania fizycznego. Cz. 1, Indywidualny atak /; Akademia Wychowania Fizycznego w Katowicach 5. Jerry V. Krause; Don Meyer; Jerry Meyer: Basketball skill & Drills (Therd Edition). Human Kinetics. 2008. 6. Betty Jaynes; Consulatn Beth Bass CEO: The women’s basketball drill book. Human Kinetics. 2007. |

APPROVAL OF THE MANAGER OF THE UNIT OR AN AUTHORIZED PERSON