**SYLABUS**

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

(extreme dates)

2024/2025 academic year

**1. INFORMATION ABOUT THE SUBJECT**

|  |  |
| --- | --- |
| Name of the subject | Handball with methodology |
| Code of the subject\* |  |
| Name of the unit providing the course | College of Medical Sciences |
| Name of the unit carrying out the subject | Institute of Physical Culture Sciences |
| Field of study | Physical education |
| Study degree | First-cycle studies |
| Profile | General academic |
| Form of studies | Stationary |
| Year and semester(s) of study | Years 1 sem. I |
| Type of subject | Major |
| Language of lecture | Polish |
| Coordinator | Dr. Maciej Śliż |
| Name and surname of the instructor(s) | Classes: dr Maciej Śliż, dr Andrzej Para |

 \* -optional, as agreed with the Unit

**1.1.Form of classes, numer of hours and ECTS points**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Semester  (no) | Lect. | Class | Conw. | Lab. | Sem. | Pract. | Intern. | Others (what?) | ECTS points |
| Winter |  | 20 |  |  |  |  |  |  | 2 |

**1.2. Type of classes**

X traditional classes

☐ online classes

**1.3 Form of credit (of the course)(examination, marked credit, unmarked credit)**

Classes- marke credit

2.PREREQUISITES

Methodology of physical education

**3. GOALS, LEARNING OUTCOMES, CURRICULUM CONTENT AND APPLIED DIDACTIC METHODS**

**3.1 Objectives of the course**

|  |  |
| --- | --- |
| C1 | Acquisition by the student of practical skills to independently conduct handball classes |
| C2 | Ordered theoretical knowledge of handball |
| C3 | Acquainting students with the rules of the game and learning how to referee handball |
| C4 | Providing knowledge of the principles of planning and conducting handball competitions and tournaments |

**3.2 Learning outcomes**

|  |  |  |
| --- | --- | --- |
| Ek (Learning Outcome) | content of the learning outcome defined for the subject | reference to field outcomes |
| Ek\_01 | Explain the recruitment and selection criteria as well as the structure of sports training for children and youth in handball; | K\_W10 |
| Ek\_ 02 | Discuss the rules of occupational health and safety that are in force during physical education lessons; | K\_W14 |
| Ek\_ 03 | Defines the rules of the game in handball, mini-handball and beach handball; | K\_W17 |
| Ek\_ 04 | Discuss the structure of the course of physical education lessons; | K\_W18, |
| Ek\_ 05 | Methods of performing motor tasks, teaching movement; | SKN/WFI/W6 |
| Ek\_ 06 | The use of teaching aids in the process of physical education including sports utensils, equipment and devices, the use of modern information and computer technologies and internet applications to measure individual physical activity; | SKN/WFI/W8 |
| Ek\_ 07 | Selects appropriate methods, forms and means to learn and improve technical elements of handball; | K\_U04, |
| Ek\_ 08 | The student performs and is able to demonstrate the elements of individual technique in handball (track throw, jump throw, paddle throw, passes (top, half-top, bottom) with a change of direction and pace, player movement in defense , catch the ball, dribble); | K\_U07, |
| Ek\_ 09 | Identify typical exercises and motor tasks with general and specific requirements of the core curriculum, physical education curriculum in primary school, develop key competences in the process of physical education at the primary school stage; | SKN/WFI/U1 |
| Ek\_ 10 | Konstruować narzędzia (sprawdziany i testy) do kontroli i oceny nauczanych umiejętności ruchowych; | SKN/WFI/U9 |
| EK\_11 | Use control, corrective and guiding activities in order to eliminate mistakes in teaching specific motor skills; | SKN/WFI/U10 |
| EK\_12 | The student will apply selected tactical settings (in defense and attack) in handball; | K\_U08 |
| EK\_13 | Organizes school handball sports competitions; | K\_U21 |
| EK\_14 | The student is able to communicate with the class and group during physical education lessons in handball; | K\_U25 |
| EK\_15 | Uses literature and classical studies in the scope of the taught content, performs basic practical tasks;  Seeks knowledge in the latest Polish-language studies and publications, masters practical tasks at a good level;  Update their knowledge on the basis of English-language literature, perform practical tasks to a very good degree; | K\_K02 |
| EK\_16 | Developing the cooperation skills of students in groups, teams and training teams; | SKN/WFI/K5 |
| EK\_17 | Developing students' curiosity, activity and independence as well as logical and critical thinking in relation to a variety of individual and team forms of physical activity; | SKN/WFI/K7 |

**3.3 Program content**

A. Lectures

|  |
| --- |
| Content N/A |

B. Content of auditorium, seminar, laboratory exercises, practical classes

|  |
| --- |
| Course content |
| 1 year 1 semester |
| 1. Introduction to the subject. Characteristics of the discipline and its varieties. Games and activities with elements of handball |
| 2. Methodology of teaching how to move around the pitch in attack and defense. |
| 3. Methodology of teaching basic technical elements with the ball - passes and grips, dribbles, throws, feints. |
| 4. Methodology of teaching a quick attack. |
| 5. Discussion of the rules of handball, refereeing, organization of competitions. |
| 2 year 4 semester |
| 1. Methodology of teaching positional attack. |
| 2. Methodology of teaching defense game systems. |
| 3. Assessment of individual technique in handball (passes and grips, dribbles, throws, feints). Test of skills of technical elements and games. |
| 4. Organizing and conducting a handball tournament. Refereeing and participating in the game proper. |

**3.4 Teaching methods**

Classes:

•Instructional: (explanation)

• Problematic: didactic games

• Exposing: (demonstration)

4. METHODS AND EVALUATION CRITERIA

4.1 Verification of learning outcomes

|  |  |  |
| --- | --- | --- |
| Effect symbol | Assessment methods of learning outcomes  (e.g. colloquium, oral exam, written exam, project, report, observation during classes) | Form of didactic activity  (lecture, class ...) |
| Ek\_ 01 | test | Ćw. |
| Ek\_ 02 | test | Ćw. |
| Ek\_ 03 | Match report | Ćw. |
| Ek\_ 04 | Test | Ćw. |
| Ek\_ 05 | Test | Ćw. |
| Ek\_ 06 | Lesson plan | Ćw. |
| Ek\_ 07 | Lesson plan | Ćw. |
| Ek\_ 08 | Observation during classes | Ćw. |
| Ek\_ 09 | Observation during classes | Ćw. |
| EK\_10 | Observation during classes | Ćw. |
| EK\_11 | Observation during classes | Ćw. |
| EK\_12 | Sports event design | Ćw |
| EK\_13 | Observation during classes | Ćw |
| EK\_14 | Observation during classes | Ćw |
| EK\_15 | Observation during classes | Ćw |
| EK\_16 | Observation during classes | Ćw |
| EK\_17 | Observation during classes | Ćw |

**4.2 Conditions for passing the course (grading criteria)**

Credit requirements 1 Year

40% of the grade is the result of the test,

40% is a test of technical skills,

10% is the lesson plan,

10% are grades from the student's observation during classes

**TEST**

Points obtained for active participation in classes and for the plan are converted into percentages corresponding to the grades:

- up to 50% - unsatisfactory,

- 51% - 60% - satisfactory,

- 61% - 70% - satisfactory plus,

- 71% - 80% - good,

- 81% - 90% - a good plus,

- 91% - 100% - very good.

**TESTING TECHNICAL SKILLS**

**Unsatisfactory**

• when all the skills are not performed correctly,

• not smooth movement from one skill to another in handball,

• not performing all the skills in rhythm while maintaining the correct work of upper and lower limbs,

• no control over the body when performing skills,

• out of control of the ball during dribbles and throws;

• no control over a pass and grip in handball,

• skills are not repeatable.

**Satisfactory**

• all skills are technically proper,

• no smooth movement from skill to skill,

• performing 3 out of 7 skills in a rhythm while maintaining the correct work of upper and lower limbs,

• control of the body when performing the skills,

• control of the ball during dribbles and throws;

• control of a pass and grip in handball,

• skills are repeatable.

**Satisfactory plus**

• the skills are technically proper,

• smooth movement from skill to skill,

• 4 out of 7 skills done in the rhythm while maintaining the correct work of upper and lower limbs,

• control of the body when performing the skills,

• control of the ball during dribbles and throws;

• control of a pass and grip in handball,

• skills are repeatable.

**Good**

• all the skills are technically proper,

• not smoothly moving from skill to skill,

• 5 out of 7 skills done in the rhythm while maintaining the correct work of upper and lower limbs,

• control of the body when performing the skills,

• control of the ball during dribbles and throws;

• control of a pass and grip in handball,

• skills are repeatable.

**Good plus**

• all the skills are technicall correct,

• smooth movement from skill to skill,

• 6 out of 7 skills are done in a rhythm while maintaining the correct work of upper and lower limbs,

• control of the body when performing skills,

• control of the ball during dribbles and throws;

• control over a pass, catch and throw in handball,

• skills are repeatable.

**Very good**

• skills are technically proper,

• smooth movement from skill to skill,

• all the skills are done in rhythm while maintaining the correct work of upper and lower limbs,

• control of the body when performing the skills,

• control of the ball during dribbles and throws;

• control of a pass, catch, throw and jump throw in handball,

• skills are repeatable.

**Assessment criteria Year 2**

40% the results of the test,

40% a test of technical skills,

10% a sports event project,

10% grades from the student's observation during classes

**TEST**

Points obtained for active participation in classes and for the plan are converted into percentages corresponding to the grades:

- up to 50% - unsatisfactory,

- 51% - 60% - satisfactory,

- 61% - 70% - satisfactory plus,

- 71% - 80% - good,

- 81% - 90% - a good plus,

- 91% - 100% - very good.

**TEST OF TECHNICAL SKILLS**

Unsatisfactory- up to 50% of the points scored when assessing the skills

Satisfactory - 51% - 60% - of the points scored when assessing the skills

Satisfactory plus - 61% - 70% - of the points scored when assessing the skills

Good - 71% - 80% - of the points scored when assessing the skills

Good plus- 81% - 90% - of the points scored when assessing the skills

Very good - 91% - 100% - of the points scored when assessing the skills

Points obtained for active participation in classes and for the plan are converted into percentages corresponding to the grades:

- up to 50% - unsatisfactory,

- 51% - 60% - satisfactory,

- 61% - 70% - satisfactory plus,

- 71% - 80% - good,

- 81% - 90% - a good plus,

- 91% - 100% - very good.

**5. TOTAL STUDENT'S WORK INPUT REQUIRED TO ACHIEVE THE INTENDED EFFECTS IN HOURS AND ECTS CREDITS**

|  |  |
| --- | --- |
| Form of activity | Average number of hours to complete the activity |
| Contact hours according to the studies plan | 40 h |
| Others with the participation of an academic teacher (participation in consultations, examination) | 20 h |
| Non-contact hours - own work  (preparation for classes, examinations, writing a paper, etc.) | 40 h  (preparation for classes 5  preparation for the credit 35) |
| TOTAL HOURS | 100 |
| TOTAL ECTS | 4 |

*\* It should be considered that 1 ECTS point corresponds to 25-30 hours of total student workload.*

Podział strony

6. PROFESSIONAL TRAINING WITHIN THE COURSE

|  |  |
| --- | --- |
| hours | n/a |
| rules and form of the training | N/A |

**7. LITERATURE**

|  |  |  |
| --- | --- | --- |
| |  | | --- | | Basic:   1. Biernacki L., Nowiński W., Kubrycht J.; „Pierwsze kroki w piłce ręcznej. Przewodnik metodyczny”, Wyd. Uczelniane AWFiS, Gdańsk, 2012. 2. Czerwiński J. Piłka ręczna. Wybrane elementy teorii i treningu. Związek Piłki Ręcznej w Polsce. Warszawa, 2014. 3. Czerwiński J. „Charakterystyka gry w piłkę ręczną”, – AWF Gdańsk, 1996. 4. Estriga L., „Team Handball: Teaching and learning step by step”Agência Nacional ISBN 2019. 5. Grage W.; „Trening piłki ręcznej”, Oficyna Wydawnicza – Marshal, 2002. 6. Nowiński W.: „Piłka ręczna – Technika i taktyka” ZPRP Warszawa 2010. 7. Norkowski H.; „Piłka ręczna – bramkarz. Zasady gry, technika, taktyka, trening”, AWF W-wa, 1996. 8. Nowiński W.; „Piłka ręczna. Wyszkolenie indywidualne”, COS, Biblioteka Trenera, Wa-wa, 2002. 9. Nowiński W.: „Rola trenera w nowoczesnej koncepcji gry w piłkę ręczną”. Biblioteka trenera COS Warszawa 2000. 10. Nowiński W., „Piłka ręczna. Poznać – zrozumieć – grać”, ZPRP, W- wa, 2012. 11. Paterka S.; „Piłka ręczna”, AWF, Poznań, 2001. 12. Stawiarski W.; „Piłka ręczna”, część I i II, wyd. III, skrypt nr 81, AWF Kraków, 2003. 13. Walczyk L., Spieszny M.; „Piłka ręczna– Program szkolenia dzieci i młodzieży, COS, Warszawa, 2001. 14. Walczyk L., Skutnik R.: „Piłka ręczna. Zasób ćwiczeń dla dzieci i młodzieży” ZPRP Warszawa 2005. 15. Wrześniewski S.: „Piłka ręczna – poradnik metodyczny” ZPRP Warszawa 2000. 16. Wrześniewski S.: „Uczymy gry w piłkę ręczną” ZPRP Warszawa 2010. | | supplementary:   1. Bondarowicz M., „Zabawy i gry ruchowe w zajęciach sportowych”, COS, Warszawa, 2002. 2. Czerwiński J., Jastrzębski Z., „Proces szkolenia w zespołowych grach sportowych. Teoria i praktyka”, AWFiS, Gdańsk, 2006. 3. Handball Training Log and Diary: Handball Training Journal and Book For Player and Coach - Handball Notebook Tracker, 2019. 4. Sozański H.; „Podstawy teorii treningu”, RCM - SKFiS, Warszawa, 1993. 5. Praca zbiorowa, Piłka ręczna. Nazewnictwo, ZPRP, W-wa, 2011. | |

Acceptance by the Head of the Unit or an authorized person