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| 1. Course title: **Theory and practice of sport IV. (basketball)** | | | | | |
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| 2. Code: | | 3. Type (lecture, practice etc.): lecture + practice | | | |
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| 4. Contact hours: 2 + 4 hoursper week | | 5. Number of credits (ECTS): 6 | | | |
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| 6. Preliminary conditions (max. 3): | | | | | |
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| 7. Announced:fall semester, spring semester, both | | | | | |
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| 8. Limit for participants: | | | | | |
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| 10. Responsible teacher (faculty, institute and department):Olivér Juhász | | | | | |
| **Balázs Meszler** | | | | |
| 11. Teacher(s) and percentage: | | Olivér Juhász | | 30% | |
| Balázs Meszler | | 30% | |
| Contributory teachers, coaches | | 40% | |
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| 12. Language:English | | | | | |
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| 13. Course objectives and/or learning outcomes:  Theory and practice of sport is a practical and theoreticaly course for foreign students in sport coaching programme. The main object is to describe the theory and practice of modern basketball. It discusses the history of basketball, specific terms and expressions, the rules of the game, the sport’s technical and strategic principles and practical aspects, athletic development, anatomical and psychological background of coaching basketball. It gives an overview of game management, coaching and referee basics. It also describes the organization and the specifics preparation of school basketball teams. | | | | | |
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| 14. Course outline  **Theory (2 hours/week)**  Development tools in basketball  Athletic testing in basketball  Periodization in basketball  Athletic development in basketball  Doping in basketball  Rules and background of 3x3 basketball (B33)  **Practice (4 hours/week)**  Coordination development in basketball  Conditioning in basketball  Mobility development in basketball  Tactical outcomes of adolescent and junior basketball  Regeneration in basketball | | | | | |
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| 15. Mid-semester works  Attending lectures is highly recommended. | | | | | |
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| 16. Course requirements and grading  a./ Practical drills (2): 35%  b./ Submitted papers (2): 30%  c./ Written exams (2): 35%  Grades:  0–50% fail  51–65% acceptable  66–75% average  76–90% good  91–100% excellent | | | | | |
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| 17. List of readings   1. Bompa TO, Carrera M. Conditioning Young Athletes. Human Kinetics, 2015. 2. Cole B, Panariello R. Basketball Anatomy. Human Kinetics, 2016. 3. Santana JC. Functional Training. Human Kinetics, 2016. 4. Gambetta V. Athletic Development. Human Kinetics, 2007. 5. Bompa T, Buzzichelli CA. Periodization Training For Sports, 2015. 6. Coaches Manual – Level 1. World Associaton of Basketball Coaches, 2016. 7. Coaches Manual – Level 2. World Associaton of Basketball Coaches, 2016. 8. Coaches Manual – Level 3. World Associaton of Basketball Coaches, 2016. 9. Coaches Manual – Mini Basketball. World Associaton of Basketball Coaches, 2016. 10. Beim G, Winter R. The Female Athletes Body Book. Contemporary Books, 2003. 11. FIBA Official Basketball Rules 2014. International Basketball Federation, Switzerland, Mies,2014 | | | | | |
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| 18. Recommended texts, further readings   1. Nelson LM, Logan R. USA Basketball Youth Development Guidebook. USA Basketball, 2014. 2. Wissel H. Basketball, Steps to Success. Human Kinetics, 2012. 3. Liebermann N. Basketball for Women. Human Kinetics, 2012. 4. Krause JV, Meyer D, Meyer J. Basketball Skills & Drills, 2008. 5. Hopla D. Better Basketball Shooting. Human Kinetics, 2013. 6. Wooten M, Wooten J. Coaching Basketball Successfully. Human Kinetics, 2013. 7. Gandolfi G. The Complete Book of Offensive Basketball Drills. McGraw-Hill, 2010. 8. Paye B, Paye P. Youth Basketball Drills. Human Kinetics, 2013. 9. Rose L. Winning Basketball Fundamentals. Human Kinetics, 2013. | | | | | |
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| **Date** | 05/05/2017 | **Prepared by** | Olivér Juhász | | |
| responsible teacher | | |
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| **Endorsed by** | | | Dr. Márk Váczi | | |
| program supervisor | | |