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| 1. Course title: **Sport theory and practice I. (Handball)** | | | | | |
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| 2. Code: | | 3. Type (lecture, practice etc.): lecture | | | |
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| 4. Contact hours: 2 hoursper week | | 5. Number of credits (ECTS): 2 | | | |
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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: 30 | | | | | |
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| 10. Responsible teacher (faculty, institute and department):  Robert Paic (Faculty of Science, Institute of Sport Sciences and Physical Education, Department of Sport Theory and Sport Management) | | | | | |
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| 11. Teacher(s) and percentage: | | Robert Paic | | 100 % | |
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| 12. Language:English | | | | | |
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| 13. Course objectives and/or learning outcomes:  Objectives: The lecture intends to introduce students the technique and the tactics of modern handball. An overview is provided on history of handball and the rules of the game. The course gives an insight into the main technical elements of the defence and attack.  Learning outcomes: students completing the course will have *knowledge* on basic rules, technical and tactical elements of the handball game. They will be *able* to use the exact terminology of the given sport and they will have a *competence* of evaluating the defensive and the attacking technical elements. Their positive *attitude* towards history and playing handball will increase significantly. | | | | | |
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| 14. Course outline   1. Accident prevention. Discussing the requirements. Testing the knowledge of the rules through playing handball. 2. International and national history of handball. Tools and equipment of the game. Terminology of handball. 3. Holding and catching the ball. Warm up: running school, callisthenics. One handed passing and shooting. Blocking and stealing the ball. Game: scoring game. Skill development: medicine ball throws 4. Exercises in pairs. Warm up without balls, in pairs. Fighting games, basic defensive stance, moving from basic defensive stance. Collisions. Game: Line handball. Skill development: medicine ball throws 5. Warm up with balls in pairs. Passing and dribbling. Running over the ball, jump shot. Games: scoring game with bench. Skill development: medicine ball throws. 6. Individual skill development with ball. Imitation games. Landing: falling and dimming. Specific shots of the pivot: Roll motion and arises. Game: Sit-down handball. Skill development: medicine ball throws. 7. Warm up: bench exercises. Jump shot, individual and collective blocking in the air. Game: air handball. Skill development: medicine ball throws. 8. Test: Rules of handball. Presentation of the examination exercises. 9. Warm up: exercises with box. Fainting with and without ball: crossover and shot faint. Game: box game. Skill development: medicine ball throws. 10. Warm up: coordination ladder. Technique of the goalkeeper. Defending the jump shot. Game: 3-sided handball on 2 goals. Skill development: core training. 11. Warm up with 1 kg medicine ball. Technique and specific shots of the wing player. Cooperation of 2 defenders standing side by side. Game: 2-sided handball game. 12. Test 2: Rules of handball. Presentation of the examination exercises. 13. Presentation of the examination exercises. Supplement. Discussing the results of the work in semester. | | | | | |
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| 15. Mid-semester works   1. Test 1. Practical demonstration. 2. Test 2. Practical demonstration. 3. Practical demonstration. Deadline for training attendance report.   Attending lectures is highly recommended. | | | | | |
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| 16. Course requirements and grading  **Attendance:** attend at least 75% of the lessons, and participate actively on at least 50% of the lessons. Failure to comply with the terms will result in the signature being denied.  **Theory:** Completion of written exams from semester material on the 8th and 12th lessons of the semester. Written exam’s evaluation is done with 5 grades. Completing the match protocols until the end of the training period: an adult NBI match. The record includes the venue, the date of the match, the names of the teams, the half-time and the result. The record shall be authenticated after the match by the referee or an official.  **Practice**: Practical demonstration of the required technical elements. Presentation of the control exercises on lessons 8 and 12-13.  • Target Dropout: Students shoot from 9m a powerful shot at the target's top corners. The student is standing in the middle of the court with a ball of his gender in his hand, facing one of the gates in the middle. He passes his companion to the shooting position towards the shooter's hand and moves towards the gate. The ball returned will cross the ball and shoot at the top of the top corner with a top shot. 2 of the 5 attempts must pass through the target frame so that the technical execution is at least sufficient.  • Defensive footwork: the student is prevented by the predetermined order of the two buoys placed in two rows, 4-4 meters away, with a latitude and depth defensive footwork on a designated track for 2x. Performance minimum levels: girls 26 seconds, boys 23 seconds. The task can be displayed 3x by the student, the best will be taken to consideration.  • Throwing away with handball: After three steps, the student with the upper hand throws away the ball. Performance minimum levels: girls 25m, boys 30m. The task can be displayed 3x by the student, the best will be taken to consideration.  Theoretical and practical assignments are evaluated with 5 grades, the final grade being the average of the grades.  Grades:  0–50% fail  51–65% acceptable  66–75% average  76–90% good  91–100% excellent  Sum of written and practical exam gives the grade. | | | | | |
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| 17. List of readings   1. Zoltán MARCZINKA (2015): Playing Handball, Trio, Budapest 2. Rules of Handball (from inf.info site) | | | | | |
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| 18. Recommended texts, further readings   1. An electronic textbook is available from the lecturer. | | | | | |
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| **Date** | 13 April, 2017 | **Prepared by** |  | | |
| Robert PAIC  responsible teacher | | |
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| **Endorsed by** | | |  | | |
| Dr. Márk VÁCZI program supervisor | | |