

**DEPARTMENT OF PHYSICAL EDUCATION AND SPORT
SUBJECT CARD**

Name in Polish : KOSZYKÓWKA
Name in English : BASKETBALL
Level and form of studies : 1st level, full-time
Profile : academic, practical
Kind of subject : optional, university-wide
Subject code : WFW036012
Group of courses : NO

	Lecture	Classes	Lab.	Project	Sem.
Number of hours of organized classes in University (ZZU)		30			
Number of hours of total student workload (CNPS)		30			
Form of crediting		Crediting with grade			
For group of courses mark (X) final course					
Number of ECTS points		0			
including number of ECTS points for practical (P) classes		0			
including number of ECTS points for direct teacher-student contact (BK) classes		0			

PREREQUISITES RELATING TO KNOWLEDGE, SKILLS AND OTHER SOCIAL COMPETENCES

1. Absence of medical contradictions to take active part in basketball physical activities.
2. Basics of individual technical skills of a basketball player: dribbling, catching, passing and throwing the ball on target.
3. Basic knowledge of basketball rules.

SUBJECT OBJECTIVES

- C1: Improving individual techniques.
 C2: Getting acquainted with basic elements of basketball tactics.
 C3: Improving motor attributes through basketball.

SUBJECT EDUCATIONAL EFFECTS

Relating to knowledge:

PEK_W01: He/She knows basic defense and attack tactics.

PEK_W02: Student has basic knowledge of the rules that regulate playing and refereeing basketball games.

Relating to skills:

PEK_U01: Student can correctly perform basic individual elements of the game: catching and passing the ball in various forms, dribbling and shooting in various forms and from various positions.

PEK_U02 : Student can practically referee a basketball game.

Relating to social competences:

PEK_K01: Student knows the importance of physical activity for both mental and physical health

PEK_K02: Student uses fair play rules in everyday life.

PEK_K03: Student uses cooperation skills learned during classes in his/her everyday life.

PEK_K04: Student promotes social and cultural importance of sport and physical activity and care about their own preferences in the field of physical culture.

PROGRAMME CONTENT		
Form of classes - lecture		Number of hours
Cl. 1	Organization of classes. Presenting the requirements for passing a course, ways to excuse and make up for missed classes, the syllabus, basketball classes safety rules and duties of the locker room monitoring person.	2
Cl. 2-6	Basketball player's individual technique. Improving the technique without the ball: starting, running, stopping, running with alternate pace and direction, pivoting, blocking. Improving catches and passes: chest catching and passing, bounce passes, baseball passes – using both hands from above head or using one hand from above the shoulder, passing a rolling ball. Practicing dribbling, esp. dribbling against the opponent. Practicing shots: running shots (layups) from left and right, half distance standing and jumping shots, 3 point shots.	10
Cl. 7-9	Offensive tactics: cuts and moves, quick attack after rebound, playing advantage in 2-1, 3-1, or 3-2 attack, zone attack (player's positioning for half-distance and 3-point shot) Defense tactics: man on man, zone defense 3-2, 2-1-2.	6
Cl. 10-14	School games: game of five passes to practice catching and passing the ball (no dribbling), small games 4 on 4 to one basket and 9 on 9 full court no dribbling. Tournament games: street ball to 5 or 6 points. Game proper with professional rules. Professional rules and refereeing (interpretation of basic rules and their violations: traveling, double dribble, half court violation, defensive foul, offensive foul, 3, 5, 8, 24 seconds rules) and referees gestures to signal each violation.	10
Cl. 15	Technical skills test: catching and passing, dribbling and shots. Course completion.	2
Total hours		30

TEACHING TOOLS USED

- N1. Practical exercises.
N2. The supervisor's demonstration.
N3. Demonstration by student.
N4. Lecture.

EVALUATION OF SUBJECT EDUCATIONAL EFFECTS ACHIEVEMENT

Evaluation: F – forming (during semester), C – concluding (at semester end).	Educational effect number	Way of evaluating educational effect achievement
F1	PEK_W01, W02	Oral answers, demonstration.
F2	PEK_U01, U02	Demonstration, attendance, test.
C: Attendance, participation and attitude in class including average of marks F1, F2.		

PRIMARY AND SECONDARY LITERATURE

PRIMARY LITERATURE:

- [1] Arlet T.: *Koszykówka. Podstawy techniki i taktyki*. Kraków, 2002.
[2] Huciński T.: *Vademecum koszykówki*. Biblioteka Trenera RCMSzKFiS Warszawa, 1996.

SECONDARY LITERATURE:

- [1] Drążczyk S.: *Koszykówka: wybór ćwiczeń do nauczania techniki*. Łódź, 2000.

SUBJECT SUPERVISOR (NAME AND SURNAME, E-MAIL ADDRESS)

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