

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

Name in Polish	: KOSZYKÓWKA DLA ZAAWANSOWANYCH
Name in English	: BASKETBALL FOR ADVANCED PRACTITIONERS
Level and form of studies	: 1st level, full-time
Profile	: academic, practical
Kind of subject	: optional, university-wide
Subject code	: WFW036013
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 the course.
2. Good individual technique both in attack and defense.

SUBJECT OBJECTIVES

- C1: Mastering elements of both individual and team offensive and defensive actions.
C2: Improving motor attributes necessary in basketball.

SUBJECT EDUCATIONAL EFFECTS

Relating to knowledge:

- PEK_W01: Student knows his/her as well as other players' positions when attacking different defenses' systems.
PEK_W02: Student knows the drill in 1-1, 2-2, 2-1 and 3-2 situations.

Relating to skills:

- PEK_U01: Student can do the tasks connected to his position on the court, both individually and with teammates.
PEK_U02 : Student can use basic knowledge allowing him/her spend time actively on each stage of ontogenetic development.

Relating to social competences:

- PEK_K01: Student is aware of the necessity to actively and systematically participate in different kinds sport and recreation.
PEK_K02: Student participates in sport competitions following fair play rules.

PROGRAMME CONTENT		
Form of classes - lecture		Number of hours
Cl. 1	Requirements for passing a course. Safety rules during classes. Ball-adaptation exercises.	2
Cl. 2-3	Mastering movements without the ball, catches and passes as well as dribble.	4
Cl. 4-5	Two-player maneuvers in attack, cuts (also front and rear cuts), movements.	4
Cl. 6	Mastering screening technique during attack and defense against it.	2
Cl. 7-8	Learning and practicing a chosen zone attack form: 5-0, 4-1, proper game.	4
Cl. 9	Learning and practicing team defense.	2
Cl. 10-14	Mastering offense and defense in 3 on 3, 4 on 4 and 5 on 5 games.	10
Cl. 15	1 on 1 tournament, course completion.	2
Total hours		30

TEACHING TOOLS USED
N1. Practical exercises. N2. Supervisor's demonstration, training, presentation. N3. Small games.

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.
F2	PEK_U01, U02	Demonstration.
C: Attendance, participation and attitude in class including average of marks F1, F2.		

PRIMARY AND SECONDARY LITERATURE
<u>PRIMARY LITERATURE:</u> [1] Huciński T., Kisiel E.: <i>Szkolenie dzieci i młodzieży w koszykówce. Teoria i praktyka</i> , COS, Warszawa 2008. [2] Dembiński J.: <i>Koszykówka</i> , Wrocław 2009.
<u>SECONDARY LITERATURE:</u> [1] Huciński T., Jakubiak R.: <i>Koszykówka – metodyka nauczania i doskonalenia podstaw</i> , Wrocław 2005.

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