

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

Name in Polish	: KOSZYKÓWKA (SEKCJA)
Name in English	: BASKETBALL (VARSITY DIVISION)
Level and form of studies	: 1 st and 2 nd level, full-time
Profile	: academic, practical
Kind of subject	: optional, university-wide
Subject code	: WFW036014
Group of courses	: NO

	Lecture	Classes	Lab.	Project	Sem.
Number of hours of organized classes in University (ZZU)		60			
Number of hours of total student workload (CNPS)		60			
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 trainings.
2. Very good technical preparation, tournament experience (at least starting line-up in secondary or high school team).
3. Verification by the coach during the first training.
4. Obligatory membership of AZS and AKS PWr following qualification to the varsity in order to represent the University in sport competitions.

SUBJECT OBJECTIVES

- C1: Preparation of the varsity to take part in Lower Silesia University League (DLM) and Polish University Championships (AMP).
- C2: Enabling former players to continue their careers.

SUBJECT EDUCATIONAL EFFECTS

Relating to knowledge:

PEK_W01: Student knows the team's tactics and strategies, the rules of varsity membership and up-to-date basketball rules.

PEK_W02: He/She knows the basics of sport training methodology.

Relating to skills:

PEK_U01: Student can perform a set of technical and tactical actions (combinations, schemes, variants) and uses them intentionally during the match; he also observes the rules of the game.

PEK_U02 : He/She is able to self-prepare physically and technically during summer break.

Relating to social competences:

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

PEK_K02: Student promotes social and cultural importance of sport and physical activity and cares about his/her own preferences in the field of physical culture; he/she also cooperates with the team, competes with other players and observes fair play rules.

PROGRAMME CONTENT		
Form of classes - lecture		Number of hours
Cl. 1-2	Organization of classes: description of medical contradictions preventing from the participation in basketball varsity trainings; presentation of the rules and regulations of the varsity; assessing students' individual and team skills during technical and tactical exercises as well as game proper. Selection of candidates. Choosing the team's captain and the varsity's manager.	4
Cl. 3-19	Mastering basic technical skills: moving around the court, passes, catches, moving with the ball (dribbling), running shots from the left and right sides of the basket, one-hand standing and jumping shots (half-distance and from 6.75 m line), after ball possession and after a pass, free throws, situational shots (hook shot, jump shot), defense and offense in 1-1 and 2-2 situations. Quick attack, 2-1 and 3-2 situations. Position attack against zone defenses 2-1-2, 1-3-1, 2-3, 3-2. Man-on-man defense and zone defense. General physical exercises: circuit training and traditional training with stress put on dynamic strength, speed endurance, speed and agility. Small games, school game, proper game, control and test matches.	34
Cl. 20-29	Tournaments: participation in the matches of Lower Silesia University League (DLM), Polish University Championships (AMP), Basketball Amateur League.	20
Cl. 30	Course completion. In-varsity small games tournament.	2
Total hours		60

TEACHING TOOLS USED

N1: Sport training.
 N2: Lecture.
 N3: Sport tournaments.
 N4: Practical exercises.

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	General and special fitness tests.
F3	PEK_K01, K02	
C: Attendance, participation and attitude in class including average of marks F1, F2.		

PRIMARY AND SECONDARY LITERATURE

PRIMARY LITERATURE:

- [1] Perkawski K., Śledziewski D.: *Metodyczne podstawy treningu sportowego*. Centralny Ośrodek Sportu 1998.
 [2] Huciński T., Kelner I.: *Koszykówka. Podręcznik dla trenerów, nauczycieli i studentów*. Wydawnictwo BK Wrocław.

SECONDARY LITERATURE:

- [1] Trzaskom Z., Trzaskom Ł.: *Zwiększanie siły mięśniowej sportowców wysokiej klasy*. Sport Wyczynowy 1999 nr 1-2.

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

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