

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

Name in Polish : PIŁKA RĘCZNA
Name in English : HANDBALL
Level and form of studies : 1st level, full-time
Profile : academic, practical
Kind of subject : optional, university-wide
Subject code : WFW036032
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 health contradictions against active participation in course classes.
2. Mastering and correct performance of individual technique elements in attack and defence.

SUBJECT OBJECTIVES

- C1: Improving offensive and defensive actions in individual and team situations.
 C2: Training motor skills needed in handball.

SUBJECT EDUCATIONAL EFFECTS

Relating to knowledge:

PEK_W01: Student knows his/her as well as other teammates positions during offensive actions against various defence types.

PEK_W02: Student knows how to play one-on-one attack.

Relating to skills:

PEK_U01: Student can do complete actions typical for his/her positions both individually and in a team.

PEK_U02: Student has basic skills allowing him/her spend time actively at any level of ontogenetic development.

Relating to social competences:

PEK_K01: Student is aware of the preventive role of participation in mass physical culture in health care..

PEK_K02: Student follows fair play rules in sport competition.

PROGRAMME CONTENT		
Form of classes - lecture		Number of hours
Cl. 1	Course crediting rules. Health and Safety Regulations. Handball exercises to familiarise students with the type of training	2
Cl. 2-3	Improving motion on a court, improving dribbling with the left and the right hand.	4
Cl. 4-5	Various forms of cooperation in attacking, improving throwing and catching.	4
Cl. 6	Improving collective attack and zone defence.	2
Cl. 7-8	Learning and improving a selected form of a collective attack in 6:0, 5:1 cases of zone defences, playing a match.	4
Cl. 9	Learning and improving team defence.	2
Cl. 10-14	Improving offensive and defensive play: 3x3, 4x4, 5x5.	10
Cl. 15	Internal competition. Credits.	2
Total hours		30

TEACHING TOOLS USED
N1. Practical training. N2. Teacher's presentation, instructing and demonstration. N3. Mini handball 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 explanation.
F2	PEK_U01, U02	Presentation.
C: Attendance, activity and conduct during classes, average grade F1 and F2.		

PRIMARY AND SECONDARY LITERATURE
<u>PRIMARY LITERATURE:</u> [1] Wrześniewski S.: <i>Pilka ręczna – poradnik metodyczny</i> . Warszawa: Związek Piłki Ręcznej w Polsce, 2000. [2] Walczyk L., Skutnik R.: <i>Pilka ręczna – zasób ćwiczeń</i> . Warszawa: Związek Piłki Ręcznej w Polsce, 2005. [3] Krowicki L.: <i>555 ćwiczeń</i> . Związek Piłki Ręcznej w Polsce. Warszawa
<u>SECONDARY LITERATURE:</u> [1] Jans W.: <i>Atlas ćwiczeń piłkarza ręcznego</i> . Gdańsk: AWF, 1987. [2] Czerwiński J.: <i>Charakterystyka gry w piłkę ręczną</i> . Gdańsk: AWF, 1990. [3] Nowiński W.: <i>Bramkarz. Technika i taktyka</i> . Związek Piłki Ręcznej w Polsce. Warszawa

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