

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

Name in Polish	: PILKA RĘCZNA (SEKCJA)
Name in English	: HANDBALL (VARSITY DIVISION)
Level and form of studies	: 1st and 2nd level, full-time
Profile	: academic, practical
Kind of subject	: optional, university-wide
Subject code	: WFW036034
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. No health contradictions against active participation in handball training.
2. Competitive sport experience (representing a sport club in provinces league).
3. Very good technical skills which will be verified by a coach at 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: Preparing the varsity for the Academic Championship of Poland (AMP).
C2: Enabling former players to continue their careers.

SUBJECT EDUCATIONAL EFFECTS

Relating to knowledge:

PEK_W01: Students know team tactics, varsity division membership rules and current handball rules.

PEK_W02: Students have basic knowledge of the methodology of sport training.

Relating to skills:

PEK_U01: Students can perform technical and tactical tasks and can also use them in sport competition (matches), they can also observe binding rules and regulations related to the game.

PEK_U02: Students control their fitness and can prepare themselves both physically and technically during summer holidays.

Relating to social competences:

PEK_K01: Students are aware of the significance of physical activity for physical and mental health.

PEK_K02: Students promote the social and cultural role of sport and physical activity, they follow their physical culture hobbies, cooperate in the team, participate in sport competitions and follow fair play rules.

PROGRAMME CONTENT		
Form of classes - lecture		Number of hours
Cl. 1	Course organisation: discussing health contradictions against participation in handball varsity division trainings, varsity division regulations, testing students' skills during technical and tactical practice performed individually, in a team and during a game. Selection of players. Choosing the team captain and the section manager.	2
Cl. 2-27	Improving basic technical skills: left-hand and right-hand dribbling, travelling on the court, ball handling: passing and catching, lay-up shots, hip shots and jump shots, situation shots, defence and attack 1:1. Direct and indirect fast attack, 2:1, 3:2 play. Set attack against 6:0, 5:1, 5+1 zone defence, and playing combinations in defence. Individual and zone defence. General training in the form of circuit and traditional training and especially dynamic strength, speed endurance, speed and agility. Small games, school games, proper matches, sparring.	52
Cl. 28-29	Sport competitions: participation in the Academic Championship of Poland	4
Cl. 30	Credits. Internal handball competition.	2
Total hours		60

TEACHING TOOLS USED
N1: Sport training (individual and team training). N2: Lecture. N3: Sport competitions. N4: Practical drills.

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, student's presentation.
F2	PEK_U01, U02	General and special physical fitness tests.
F3	PEK_K01, K02	
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.
<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.

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