

1. **Subject:** Theory and teaching methodology of handball
2. **Type of course:** classes (practical training)
3. **Form of assessment:** class attendance and class participation (no examination)
4. **Semester:** summer
5. **Suggested number of hours:** 20
6. **Syllabus** – bachelor studies, physical education

Aim of teaching: preparing the students for giving handball classes in various types of schools and in sport clubs. Training and perfecting motor activities: handball technique. Acquiring skills: referee, organization of handball classes, evaluation and control of training results.

Knowledge required before starting classes: knowledge of the characteristics of the game, the basic rules of handball, methods and rules of teaching motor activities.

Skills required before starting classes: abilities of performing basic special motor skills: moving on court, catching and passing the ball, dribbling.

Compulsory reading:

- Rules of the Game – International Handball Federation: www.ihf.info
- Czerwiński J., Taborsky F. 1997. *Basic Handball – Methods, Tactics, Technique*. European Handball Federation, Vienna (Austria).
[www.olympichandball.org/wp-content/Basic Handball Practical exercises.pdf](http://www.olympichandball.org/wp-content/Basic%20Handball%20Practical%20exercises.pdf)
- Spieszny M., Walczyk L. 2001. *Piłka ręczna – program szkolenia dzieci i młodzieży*. COS, Warszawa.
- Spieszny M., Walczyk L., Tabor R. 2011. *Piłka ręczna – technika, metodyka, podstawy taktyki*. Krakowska Oficyna Naukowa Tekst, Kraków.

7. The aimed effects of the courses:

Knowledge: the students will know the terminology and will be familiar with the techniques, basic tactics and methodology of teaching hand-ball.

Skills: the student will be able to perform and demonstrate the basic elements of handball technique, teach basic handball technique, adjust the task to the individuals and to the requirements and abilities of the students, organize, lead and act as a referee handball games.

Social skills: the student obeys the safety regulations, makes sure that everybody is safe when performing the tasks.

8. **Qualifications:** After the end of the course the student is qualified to give handball classes at primary schools, junior high schools and high schools.

9. Organisation responsible for the subject:

Section Sports and Recreational Games in Institute of Sport

10. **Tutor:** Assoc. Prof. Michał Spieszny, PhD
MSc Kamil Zawada

11. **Realisation of classes:** with a group

12. **Suggested number of ECTS points:** 4