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| 1. Course title: **Leading and practice of training I. (Handball)** | | | | | |
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| 2. Code: | | 3. Type (lecture, practice etc.): theory and practice | | | |
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| 4. Contact hours: 1 hour theory and 2 hours practiceper week | | 5. Number of credits (ECTS): 2 | | | |
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| 6. Preliminary conditions (max. 3): | | | | | |
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| 7. Announced:fall semester,  spring semester,  both | | | | | |
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| 8. Limit for participants: | | | | | |
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| 10. Responsible teacher (faculty, institute and department):Gergely Szappanos | | | | | |
| **Balázs Meszler** | | | | |
| 11. Teacher(s) and percentage: | | Gergely Szappanos | | 50% | |
| Contrybutory teachers, coaches | | 50% | |
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| 12. Language:English | | | | | |
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| 13. Course objectives and/or learning outcomes:  Course objectives: Students must be familiar with the structure and particularity of the training, and with the particularity of the training of different age groups.  Outcomes: Students must be familiar with the pedagogic, sociologic, and psychological features of the coach’s work; furthermore, they must be able to use those features. Students are capable to lead training parts in different age groups. | | | | | |
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| 14. Course outline   1. week: Accident prevention. Course assumption. 2. week: The coach’s personality, basic educational knowledge. 3. week: Different personality types of coaches, and their effect on the game. 4. week: Educational tasks of the coach. 5. week: Leading of training. 6. week: Micro cycle planning tasks in handball I. 7. week: Micro cycle planning tasks in handball II. 8. week: Planning tasks of the coach I. 9. week: Planning tasks of the coach II. 10. week: Educational principals on the training. 11. week: Practicing technical and tactical elements on the training. 12. week: Analyzing a training with paying attention to the technical performance 13. week: Revising the technique and tactic per certain situations. | | | | | |
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| 15. Mid-semester works   1. week: 2. week: 3. week: 4. week: 5. week: 6. week: 7. week: Practicing leading junior team’s training. 8. week: 9. week: 10. week: Written test 11. week: 12. week: 13. week: Deadline for written homework (microcycle) | | | | | |
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| 16. Course requirements and grading  Written test 40%, Written homework (microcycle) 40%, Leading trainings 20%.  Grades:  0–50% fail  51–65% acceptable  66–75% average  76–90% good  91–100% excellent | | | | | |
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| 17. List of readings   1. Zoltán MARCZINKA (2015): Playing Handball, Trio, Budapest 2. Rules of Handball (from inf.info site) | | | | | |
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| 18. Recommended texts, further readings | | | | | |
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| **Date** | 05/05/2017 | **Prepared by** | **Gergely Szappanos** | | |
| responsible teacher | | |
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| **Endorsed by** | | | **Dr. Márk VÁCZI** | | |
| program supervisor | | |