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| 1. Course title: **Sport theory and practice II. (Handball)** | | | | | |
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| 2. Code: | | 3. Type (lecture, practice etc.): lecture | | | |
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| 4. Contact hours: 2 hoursper week | | 5. Number of credits (ECTS): 2 | | | |
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| 6. Preliminary conditions (max. 3):   * **Sport theory and practice I. (Handball)** | | | | | |
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| 7. Announced:fall semester,  spring semester,  both | | | | | |
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| 8. Limit for participants: 30 | | | | | |
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| 10. Responsible teacher (faculty, institute and department):  Robert Paic (Faculty of Science, Institute of Sport Sciences and Physical Education, Department of Sport Theory and Sport Management) | | | | | |
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| 11. Teacher(s) and percentage: | | Robert Paic | | 100 % | |
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| 12. Language:English | | | | | |
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| 13. Course objectives and/or learning outcomes:  Objectives: The lecture intends to introduce students the teaching methods of the technique and the tactics of modern handball. Connection between the technical and tactical structures in the game. Appearance the tactics in the game.  Learning outcomes: students completing the course will have *knowledge* on technical and tactical elements of the handball game. They will be *able* to fill the official handball record and they will have a *competence* of basic referee activity. | | | | | |
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| 14. Course outline   1. Repeating the learned technical and tactical elements from the previous semester. Playing handball. 2. Positional attacking form. Tugging the ball in numerical advantage. Tugging and contra (versus) pass. Bended shot from wing position. 3. 6:0 zone defence. Filling the official handball record. 4. Game with position change: cross attacks. Jump shot, blocking in the air. 5. Obturation and detachment. Arising shot from pivot position. 6. The 5:1 zone defence. Teaching and specifics. 7. The 3:2:1 zone defence. Teaching and specifics. 8. Game from changing positions: running in and position change. 9. Pressing defence. Characteristics and teaching. 10. Test: Written test: Attacking strategies and defence. 11. 5+1 mixed defence and attacking. 12. Playing the game using the learned elements. 13. Presentation of the examination exercises. Supplement. Discussing the results of the work in semester. | | | | | |
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| 15. Mid-semester works   1. Written test. Practical demonstration. 2. Practical demonstration. 3. Practical demonstration. Deadline for match attendance report. | | | | | |
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| 16. Course requirements and grading  Written exam is based on lectures, accessible electronic sources and lecture materials. Most common questions in the structure of end term examination are: describing notions, relations, analysis, multiple choice questions.  **Attendance:** attend at least 75% of the lessons, and participate actively on at least 50% of the lessons. Failure to comply with the terms will result in the signature being denied.  **Theory:** Completion of written exam from semester material on the 10th lesson of the semester. Written exam’s evaluation is done with 5 grades. Completing the match protocols until the end of the training period: an adult NBI match. The record includes the venue, the date of the match, the names of the teams, the half-time and the result. The record shall be authenticated after the match by the referee or an official.  **Practice**: Practical demonstration of the required technical elements. Presentation of the control exercises on lessons 8 and 12-13.   * Jump shot on target: After passing the ball, the student starts the turn from the side opposite the passive defender, heading towards the goal with a circular movement. The goalkeeper of the opposing side throws a ball, then moves the ball back to his companion who shoots from 9m after cross movement. 3 attempts / 1 hit on one of the corners. * Roll motion shot: A player standing in pivot position receives a ball from the middle back player and passes a passive defender on any side. Landing with a proper technique. 3 attempts / 1 hit on one of the corners. * Bended shot from wing position: With received ball from helper the student jumps from wing position and shoots with bended shot technique to te longer side of the goal.   Theoretical and practical assignments are evaluated with 5 grades, the final grade being the average of the grades.  **Grades:**  0–50% fail  51–65% acceptable  66–75% average  76–90% good  91–100% excellent  Sum of written and practical exam gives the grade. | | | | | |
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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   1. An electronic textbook is available from the lecturer. | | | | | |
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| **Date** | 13 April, 2017 | **Prepared by** |  | | |
| Robert PAIC  responsible teacher | | |
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| **Endorsed by** | | |  | | |
| Dr. Márk VÁCZI program supervisor | | |