

BACHELOR DEGREE
SPORTS AND PHYSICAL EDUCATION
 2ND YEAR OF STUDY, 1ST SEMESTER

COURSE TITLE	TEACHING METODOLOGY OF HANDBALL IN SCHOOLS
COURSE CODE	SL1212121
COURSE TYPE	tutorial
COURSE LEVEL	1 st cycle (bachelor's degree)
YEAR OF STUDY, SEMESTER	2 nd year of study, 1 st semester
NUMBER OF ECTS CREDITS	5
NUMBER OF HOURS PER WEEK	4 (2 lecture hours + 2 seminar hours)
NAME OF LECTURE HOLDER	POPOVICI ILEANA-MONICA
NAME OF SEMINAR HOLDER	POPOVICI ILEANA-MONICA
PREREQUISITES	Advanced level of English
A	GENERAL AND COURSE-SPECIFIC COMPETENCES
	<p>General competences:</p> <ul style="list-style-type: none"> → Modular design (Physical and sports education, Sport and motor performance, Kinetotherapy and special motor skills) and planning the basic contents of the field with interdisciplinary orientation → The assessment of physical growth and development and the quality of the motor according to the specific requirements / objectives of the physical and sports education, the attitude towards the independent practice of the physical exercise → Description and demonstration of specific operational systems for physical and sports education, by age groups → Evaluation of the level of training of practitioners of physical education and sports activities <p>Course-specific competences:</p> <ul style="list-style-type: none"> → Organization of physical and sports education activities for people of different ages and levels of training under qualified assistance conditions, respecting the rules of professional ethics and deontology → Fulfillment of efficient and effective work tasks for organizing and conducting sports activities
B	LEARNING OUTCOMES
	<ul style="list-style-type: none"> → Acquiring knowledge, skills and motor skills, methodical and organizational. → Raising the technical-tactical level. → Acquiring the rules of the game and the specific terminology.
C	LECTURE CONTENT
	<ul style="list-style-type: none"> • General basis of handball theory and methodology; the object of this discipline. • The area of handball practice and its educational value. • Dynamic games and poles for learning handball in children. • Method of learning the attacker's technique: systematizing the attacker's technique and means of action for learning and repeating the attack techniques. • Methodology of learning the technique of the defender: systematization of the technique of the defender and means of action for learning and repeating the technical defense procedures. • The methodology of the goalkeeper's technique and tactics: systematization of the goalkeeper's technique and means of action for learning and repeating the goalkeeper's specific technical procedures; general aspects regarding the goalkeeper's tactics. • Methodology of learning the individual tactics in attack and defense: means of action. • Methodology of learning the collective tactics in attack: means of action. • Methodology of learning the collective tactics in defense: means of action. • Methodology of learning the phases of the attack: means of action. • Methodology of learning the phases of defense: means of action. • Repeat game systems: the pivot attack system and the defense system with six players in line on the 6m semicircle (6: 0) - linking the means of collective attack and defense tactics. • Content and methodology of handball teaching in school (at all levels): primary, secondary and high school.

	<ul style="list-style-type: none"> • The representative handball team at the high school and high school level: selection, preparation and participation in various competitions 	
D	RECOMMENDED READING FOR LECTURES	
	<ul style="list-style-type: none"> • Clanton, E.R., Dwight, M.P. (1997). Team Handball. Steps to Success, Human Kinetics • Curelli, J.J., Landuré, P. (1996). Le Handball – Les Règles, La Technique, La Tactique, Éditions MILAN • Noteboom, T. (1995). Handball – technique, pédagogie, entraînement, Éditions Amphora, Paris 	
E	SEMINAR CONTENT	
	<ul style="list-style-type: none"> • Presentation of the requirements of the practical course for this semester. • Strengthening the catch and passing of the ball (performed in two and three players, away and in adverse conditions). • Strengthening the throw at the gate: from running, with added step and with cross step. • Consolidating multiple dribbling (with semi-active and active defenders). • Learning to jump at the jump gate. • Repeat the attack system with a pivot. • Repeat throwing at the jump gate. • Learn marking and marking. • Bilateral theme game: dribbling is penalized, regardless of the game situation. • Strengthening the defender's fundamental position and movement on the field. • Repeat the direct counterattack with a tip (accomplished by a short pass and completed by shooting at the gate from running and jumping from the 6m semicircle). • Repeat the defense system with six players in line (6: 0). • Repeat the goalkeeper's technique and tactics. • Learning the steps in three places. • Learning the direct counterattack with a long, long pass (completed by throwing at the jump gate). • Learn simple crossover between two players. • Repeat the direct counterattack with a long pass, completed by shooting at the gate from running and jumping from 6m. • Learning the second phase of the attack. • Learning to overcome. • Strengthening the pivot attack system and the 6: 0 defense system. • Repeat the simple crossing between two players and the jumping gate at 9m. • Learning counter-attack with intermediary. • Repeat marking and marking. • Repeat overcoming. • Repeat the counterattack with an intermediary, completed by throwing at the jump gate from 6m. • Repeat phase II of the attack (2: 2, 3: 3). • Learning to throw at the gate from the pivot and extreme post. • Bilateral themed game: the dribbling is penalized, and the goals that will be scored on the counterattack or in the second phase, will double (as a score). • Strengthening the fundamental position of defense. 	
F	RECOMMENDED READING FOR SEMINARS	
	<ul style="list-style-type: none"> • Clanton, E.R., Dwight, M.P. (1997). Team Handball. Steps to Success, Human Kinetics • Curelli, J.J., Landuré, P. (1996). Le Handball – Les Règles, La Technique, La Tactique, Éditions MILAN • Noteboom, T. (1995). Handball – technique, pédagogie, entraînement, Éditions Amphora, Paris 	
G	EDUCATION STYLE	
	LEARNING AND TEACHING METHODS	Interactive lectures, explanation, demonstrations, viewing material and so on
	ASSESSMENT METHODS	Practical and teoretical evaluation
	LANGUAGE OF INSTRUCTION	English