SYLLABUS

1. Course title:

Handball 1

2. Code:

(max. 20 characters)

3. Cycle of study:

1

4. ECTS credits:

5

5. Type of course:

(●) Mandatory ( ) Elective

6. Prerequisites:

To have attended the II (second) semester, with min.25% points of student pre-requisites

7. Class restrictions:

8. Duration / semester:

15 I

9. Weekly contact hours:

9.1. Lectures:	3
9.2. Seminars:	0
9.3. Laboratory/Practice classes:	2

10. Faculty:

Faculty of Physical Education and Sports

11. Department/study program:

Physical education and sport

12. Lecturer:

dr.sc.Melika Muratović

13. Lecturer's e-mail:

melika.mujezinovic@untz.ba

14. Web site:

www.untz.ba

15. Course aims:

To acquire basic knowledge of kinesiology and anthropologic analysis handball game that
That a student to acquire knowledge about basic technical elements in handball
To master the basic knowledge of the methodology of handball
To be able to plan and implement educational and training sessions in handball with different age groups.

16. Learning outcomes:

That are able to perform structural analysis,kinesiology analysis,antropological analysis handball game.
Describe a methodical process adoption of the element techiques handbal game.
Analyze performancess elements and identifay tehniques causes of errors in the performance of technical elements.
Use methodological procedures to eliminate faults detected in the performance of technical elements.

17. Course content:

Through the theoretical part of lectures will be presented: structural analysis, kinesiological analysis, anthropological analysis. The basics of ball-and-ball techniques and defense and goalkeeper technique. Methods of teaching and practicing elements of technique. Methods and procedures in the selection process (selection). Hand ball injuries. Handball school (basic methodological principles and principles in working with children and school work). Specificity of the methodology of training and training operators in technical, physical and psychosocial preparation in relation to gender and age. Within practical exercises, the following topics will be presented to students: ball movement (basic movements, acceleration, stopping, direction change, attitudes, (jumps, landing, blocking).
Moving with the ball (moving with balls, holding, raising, guiding, catching and adding balls)
Shots to the goal (from the ground, from the jump, to the fall)
Finting (single change, double change, turn, fake,and kick)
Goalkeeper technique.

18. Learning methods:

Teaching methods taught in teaching: visual, auditory, kinesthetic and teaching methods: lectures (theoretical instruction using multimedia resources, active learning and discussion techniques), practical teaching (exercises), colloquia (theory and practical).

19. Assessment methods:

In the sixth week will be the first check, ie inter-question (theoretical, practical). This questionnaire covers the material that has been processed so far. The test consists of a number of tasks and their number and scoring depend on the weight of the task scheduled for interviews. The student can achieve a maximum of 17 points (9 theories and 8 practicals). Twelve weeks are foreseen to be the second intermediate course covering the first and second interdisciplinary subjects. This mid-point is scored by the same principle as the first. As part of the pre-requisites, students are required to make methodical preparations from basic elements of handball technique. A practical part of the student is obliged to attend the exercises and to attend one handball match. The final exam consists of a practical and written part, and all the students have the right to finish the final exam regardless of the number of points scored.

56. As much as a student earns points on pre-requisites, they are summed up with other points, but they are not an obstacle for a student to enter the final exam. If a student does not win enough points in the sum of points earned on the final exam They do not meet the graduation rating, the student must re-enter the exam to gain more credits and pass the exam.

Grading ratings are as follows: 0-53 (grade 5),
54-63 (rating 6)
64-73 (rating 7)
74- 83 (rating 8)
84- 93 (rating 9)
93-100 (grade 10).

20. Assessment components:

The score based on the total number of points is determined according to the following scale:
Presence in lectures max 7
Presence on exercises max 7
Student activity (theory 3, practically 5)
colloquium I P max 8
colloquium II P max 8
colloquium I T max 9
colloquium II T max 9
Final exam T max 22
Final exam P max 22

21. Required reading list:

Malić, Z. (1999) Handball view from the bench. . Tomljanović, V. (1982) .Rocks-theory of the ipars.
Zvonarek, Rogulj, N. (2007) School of Handball.Radić N. (2012) Handball from beginner to top player
Ahmetović (2007) Handball, Arslanagić (2013) Handball goalkeeper.

22. Web sources:

www.ehf.com
www.ihf.com

23. Applicable starting from the academic year:

2015/2016

24. Adopted in the Faculty/Academy session: