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| BACHELOR DEGREE**SPORTS AND PHYSICAL EDUCATION**2nd YEAR OF STUDY, 1ST SEMESTER |

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| **Course title** | **teaching metodology of basketball in schools** |
| Course code | SL1212122 |
| Course type | tutorial |
| Course level | 1st cycle (bachelor’s degree) |
| Year of study, semester | 2nd year of study, 1st semester |
| Number of ECTS credits | 5 |
| Number of hours per week | 4 (2 lecture hours + 2 seminar hours) |
| Name of lecture holder | IACOB MIHAI RADU |
| Name of seminar holder | IACOB MIHAI RADU |
| Prerequisites | Advanced level of English  |
| A | **General and course-specific competences** |
|  | **General competences**:* 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

**Course-specific competences**:* 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
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| B | **Learning outcomes** |
|  | * Acquiring knowledge, skills and motor skills, methodical and organizational.
* Raising the technical-tactical level.
* Acquiring the rules of the game and the specific terminology.
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| C | **Lecture content** |
|  | 1. The general bases of the theory, methodology and practice of the game of basketball2. The method of learning the technique without the used ball of the basketball game. 3. Methodology of learning the technique without the used ball of the basketball game. 4. Methodology of learning the technique of the ball used in the game of basketball.5. Methodology of learning the technique of the ball used in the game of basketball. 6. Methodology of learning the technique of the ball used in the game of basketball. 7. Methodology of learning the individual tactics in the game of basketball (in defense and attack). 8. Methodology of learning the individual tactics in the game of basketball (in defense and attack). 9. Methodology of learning the collective tactics of 2 - 3 players in the basketball game (in defense and attack). 10. Methodology of learning the collective tactics of team in attack and defense.11. Methodology of learning the collective tactics of team in attack and defense.12. Methodology of learning the collective tactics of team in attack and defense.13. Preparatory games for the basketball game. 14. Means specific to the game of basketball for the development of motor qualities.    |
| D | **Recommended reading for lectures** |
|  | * Brian Cole – Basketball Anatomy, Human Kinetics, USA, 2015, ISBN: 145049644X;
* Bill Simons - The book of basketball: The NBA According to The Sports Guy, Ballantine books, Canada, 2010, ISBN: 9780345520104
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| E | **Seminar content** |
|  | 1. Throw in the basket from the semi-hook and the complexes specific to the pivot player. 2. The possession of the ball opponent. 3. Special steps. 4. Semicircle attack – one on one - defense. 5. The attack in the semicircle - human-to-human defense. 6. Circuit for physical and technical training. 7. Counterattack with first pass in side. 8. Placing players at fixed times. 9. Engage between two players and free throw. 10. Blocking the player without the ball and exiting the blockage. 11. Differentiated marking. 12. Blocking the player in possession of the ball. 13. Simple crossing. 14. Double crossing.  |
| F | **Recommended reading for seminars** |
|  | * Brian Cole – Basketball Anatomy, Human Kinetics, USA, 2015, ISBN: 145049644X;
* Bill Simons - The book of basketball: The NBA According to The Sports Guy, Ballantine books, Canada, 2010, ISBN: 9780345520104
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| 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 |