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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 handball in schools** |
| Course code | SL1212121 |
| 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 | POPOVICI ILEANA-MONICA |
| Name of seminar holder | POPOVICI ILEANA-MONICA |
| 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** |
|  | • 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.• The representative handball team at the high school and high school level: selection, preparation and participation in various competitions  |
| D | **Recommended reading for lectures** |
|  | * 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
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| E | **Seminar content** |
|  | • 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** |
|  | * 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
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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 |