

## BACHELOR DEGREE

## SPORTS AND PHYSICAL EDUCATION

2<sup>ND</sup> YEAR OF STUDY, 1<sup>ST</sup> SEMESTER

COURSE TITLE	TEACHING METODOLOGY OF BASKETBALL IN SCHOOLS
COURSE CODE	SL1212122
COURSE TYPE	tutorial
COURSE LEVEL	1 <sup>st</sup> cycle (bachelor's degree)
YEAR OF STUDY, SEMESTER	2 <sup>nd</sup> year of study, 1 <sup>st</sup> 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
	<p><b>General competences:</b></p> <ul style="list-style-type: none"> <li>→ 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</li> <li>→ 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</li> <li>→ Description and demonstration of specific operational systems for physical and sports education, by age groups</li> <li>→ Evaluation of the level of training of practitioners of physical education and sports activities</li> </ul> <p><b>Course-specific competences:</b></p> <ul style="list-style-type: none"> <li>→ 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</li> <li>→ Fulfillment of efficient and effective work tasks for organizing and conducting sports activities</li> </ul>
B	LEARNING OUTCOMES
	<ul style="list-style-type: none"> <li>→ Acquiring knowledge, skills and motor skills, methodical and organizational.</li> <li>→ Raising the technical-tactical level.</li> <li>→ Acquiring the rules of the game and the specific terminology.</li> </ul>
C	LECTURE CONTENT
	<ol style="list-style-type: none"> <li>1. The general bases of the theory, methodology and practice of the game of basketball</li> <li>2. The method of learning the technique without the used ball of the basketball game.</li> <li>3. Methodology of learning the technique without the used ball of the basketball game.</li> <li>4. Methodology of learning the technique of the ball used in the game of basketball.</li> <li>5. Methodology of learning the technique of the ball used in the game of basketball.</li> <li>6. Methodology of learning the technique of the ball used in the game of basketball.</li> <li>7. Methodology of learning the individual tactics in the game of basketball (in defense and attack).</li> <li>8. Methodology of learning the individual tactics in the game of basketball (in defense and attack).</li> <li>9. Methodology of learning the collective tactics of 2 - 3 players in the basketball game (in defense and attack).</li> <li>10. Methodology of learning the collective tactics of team in attack and defense.</li> <li>11. Methodology of learning the collective tactics of team in attack and defense.</li> <li>12. Methodology of learning the collective tactics of team in attack and defense.</li> <li>13. Preparatory games for the basketball game.</li> <li>14. Means specific to the game of basketball for the development of motor qualities.</li> </ol>
D	RECOMMENDED READING FOR LECTURES

	<ul style="list-style-type: none"> <li>• Brian Cole – Basketball Anatomy, Human Kinetics, USA, 2015, ISBN: 145049644X;</li> <li>• Bill Simons - The book of basketball: The NBA According to The Sports Guy, Ballantine books, Canada, 2010, ISBN: 9780345520104</li> </ul>
E	<b>SEMINAR CONTENT</b>
	<ol style="list-style-type: none"> <li>1. Throw in the basket from the semi-hook and the complexes specific to the pivot player.</li> <li>2. The possession of the ball opponent.</li> <li>3. Special steps.</li> <li>4. Semicircle attack – one on one - defense.</li> <li>5. The attack in the semicircle - human-to-human defense.</li> <li>6. Circuit for physical and technical training.</li> <li>7. Counterattack with first pass in side.</li> <li>8. Placing players at fixed times.</li> <li>9. Engage between two players and free throw.</li> <li>10. Blocking the player without the ball and exiting the blockage.</li> <li>11. Differentiated marking.</li> <li>12. Blocking the player in possession of the ball.</li> <li>13. Simple crossing.</li> <li>14. Double crossing.</li> </ol>
F	<b>RECOMMENDED READING FOR SEMINARS</b>
	<ul style="list-style-type: none"> <li>• Brian Cole – Basketball Anatomy, Human Kinetics, USA, 2015, ISBN: 145049644X;</li> <li>• Bill Simons - The book of basketball: The NBA According to The Sports Guy, Ballantine books, Canada, 2010, ISBN: 9780345520104</li> </ul>
G	<b>EDUCATION STYLE</b>
LEARNING AND TEACHING METHODS	Interactive lectures, explanation, demonstrations, viewing material and so on
ASSESSMENT METHODS	Practical and teoretical evaluation
LANGUAGE OF INSTRUCTION	English