

DEMOCRITUS UNIVERSITY OF THRACE
DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE

UNDERGRADUATE PROGRAM

COURSE TITLE:

Basketball

COURSE CODE:

N113

CREDITS (E.C.T.S.)

2

RESPONSIBLE FOR THE COURSE:

NAME	Mavridis George	
POSITION	Assistant Professor	
SECTOR	Sports Training Theory and Application	
OFFICE	B3-3	
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CO-INSTRUCTORS	Laios A., Laparidis K., Karipidis A., Chatzinikolaou A.,	

SEMESTER:

1ST	<input checked="" type="checkbox"/>	2ND	<input type="checkbox"/>	3RD	<input type="checkbox"/>	4TH	<input type="checkbox"/>
5TH	<input type="checkbox"/>	6TH	<input type="checkbox"/>	7TH	<input type="checkbox"/>	8TH	<input type="checkbox"/>

COURSE TYPE:

OBLIGATORY	<input checked="" type="checkbox"/>
DIRECTION	<input type="checkbox"/>
SPECIALIZATION	<input type="checkbox"/>
PREREQUIZITE FOR SPECIALIZATION	<input type="checkbox"/>
ELECTIVE (<i>OPEN</i>)	<input type="checkbox"/>

HOURS (per week):

2

DIRECTION

SPECIALIZATION

(only for 3rd & 4th year courses)

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SPECIALIZATION *(only for 3rd & 4th year courses)*

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LANGUAGE OF TEACHING:

GREEK ENGLISH

AIM OF THE COURSE *(acquired skills & learning outcome)*

- Learning of the basic principles of the individual basketball techniques.

- Theory and practice of a large number of exercises, concerning the basics.
- Teaching methods (analysis-synthesis) for the simple and combined movements of the basic abilities
- Basic principles of the coaching process
- Offensive and defensive philosophy of the game. Basic teaching techniques and principles, taught through theory and practice.

COURSE CONTENTS (*outline – titles of lectures*)

1. Acquisition of abilities for the correct performance of movements like balance (running, defensive slides etc) and presentation of the ability of pass.
2. Learning of the different kinds of pass (with one or two hands) and presentation of the ability of dribble.
3. Learning of the different kinds of dribble (control, pushing, variations) and presentation of shots.
4. Learning of the different kinds of shooting (free shots, penetration etc)
5. Use of multimedia for the feedback of the learning (video sessions) of the basic skills of shooting, passing and dribbling. Introduction to the individual technique and tactic of rebounds.
6. Learning of the technique of rebounds (defensive-offensive rebounds) and introduction to the offensive individual technique and tactic.
7. Learning of the fakes of inside and outside players – introduction to the concept of offense.
8. Learning of the movements 1 to 1, with the application of offense and defense for inside and outside players. Presentation of the screen.
9. Learning of the movements 2 to 2 and 3 to 3 with simultaneous use of screen. Offense-defense: Learning of the games with and without screen. Presentation of the concept of team offense.
10. Learning of the movements 4 to 4. Preparatory exercises. Offensive and defensive co-operations.
11. Learning of the principles of team offense – basic team offensive movements (diachronic offensive movements).
12. Learning of team offense – man to man. Principles of team defense.
13. Application of alternative educational games, with the use of exercises and basketball movements as a means to acquire elements of technique and tactic. Also, as a means of natural activity – mainly during the P.E. lesson.

TEACHING METHOD (*lectures – labs – practice etc*)

Theoretical and practical teaching. The distribution of the lesson material is the

following:

- Theoretical approach 30%
- Methodology of basic abilities and practical approach of simple and combined movements 70%

ASSESSMENT METHOD(-S)

Theory test (end of semester): 30%

Practice test (end of semester): 50%

Presence and participation in lesson with written tests of cognitive assessment : 20%

LEARNING OUTCOMES

Upon the completion of this course the students will be able to:

- 1. Know and understand** the regulations of basketball
- 2. Perform**, at a satisfactory level, the basic skills of the personal technique of the sport.
- 3. Define and produce** the basic principles of teaching the sport.
- 4. Design** a training/exercising program in order to teach the personal technique of the sport to beginners.

LEARNING OUTCOMES - CONTINUED

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
1) Students will Know and understand the regulations of basketball	Lectures, demonstration and comments on the digital material.	Regular controls with written tests, as a means of evaluation.	10
2) The will perform, at a satisfactory level, the basic skills of the personal technique of the sport.	Practical exercises, training and auxiliary exercises.	Regular controls with the suitable movement tests.	20
3) The will perform, at a satisfactory level, the basic skills of the team technique and tactic.	Lectures and group projects practices exercise.	Regular controls in order to evaluate practical techniques	10
4) They will know and design training/exercising programs in order to perform training or a basketball game.	Lectures, practical exercises and assignment of two (2) group projects.	Regular projects and final exams.	20
		TOTAL	60

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

1. G. Tsitskaris, P. Hatzathanasiou, A. Lefas, C. Galazoulas. (2010). *Basketball. Technical skills in teaching developmental ages*. Salto publications, Thessaloniki.
2. G. Tsitskaris, A. Lefas, C. Galazoulas, G. Karamousalidis, A. Thomaidis, N. Dimitriou. (2010). *Offense-Defense*. Salto publications, Thessaloniki.
3. A. Gavriilidis (2010). *Learning Basketball*. Telethrio publications, Athens.
4. E. Kioumourtzoglou, M. Goudas. (2003). *Basketball beyond systems and basic movement*. Christoulidi publications, Thessaloniki.
5. G. Tsitskaris, A. Lefas, C. Galazoulas. (2010). *Rules, Conducting Games*. Salto publications, Thessaloniki.