

DEMOCRITUS UNIVERSITY OF THRACE
Department of Physical Education & Sport Science

undergraduate program of study

COURSE TITLE:

TEAM HANDBALL

COURSE CODE:

ECTS CREDITS

N133		2
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RESPONSIBLE FOR THE COURSE:

name	ANTONIS KAMBAS	
position	ASSISTANT PROFESSOR	
sector	SPORTS TRAINING THEORY AND APPLICATIONS	
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co-instructors	CHRISTOS CHRISTOFORIDIS	

SEMESTER:

1st 2nd 3rd 4th
5th 6th 7th 8th

COURSE TYPE:

obligatory
DIRECTION
SPECIALIZATION
prerequisite for specialization
elective (*open*)

2

HOURS (*per week*):

DIRECTION

(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 (*content & acquired skills*)

The course aims to teach students the basic techniques, tactics and a few basic rules of team handball. Furthermore, the student practiced in the referee task through the application of simple regulations. The students must to be able to play the game and be referees in basic form of the game. The results focus on two points: play the game and referee task.

COURSE CONTENTS (*outline – titles of lectures*)

Lesson 1 : Presentation of historical data, Presentation of basic regulations of team handball. Introduction to the game.
Lesson 2 : Getting know the game, basic games.
Lesson 3 : Introduction to shot, basic shot, familiarization with the court. Basic pass, receiving the ball, pass types, dribbling, basic steps
Lesson 4 : Free space, moving in free space without ball, change direction, simple feints, change direction with the ball
Lesson 5 : Basic throw: throw over shoulder, throw from the height of hip.
Lesson 6 : Jump throw: long jump throw, vertical jump throw
Lesson 7 : Throwing from positions. Defense, defense movements, covering free space.
Lesson 8 : Control of the opponent, blocking. Goalkeeper: basic positions, basic movements, ball blocks
Lesson 9 : Basic concepts in game one against one.
Lesson 10 : Basic Steps and play 1:0, 1:1, 2:1, 3:2
Lesson 11 : Learning personal defense (man to man).
Lesson 12 : Playing the game and Regulations I
Lesson 13 : Playing the game and Regulations II

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

This course includes 13 two-hour lectures on topics related to motor learning theories and applications, multimedia demonstration, practical application

ASSESSMENT METHOD (-S)

Preliminary examination in regulations (20%), final examination in regulations (30%), preliminary practical examination (10%), Final practical examination in basic technical, tactical and referee skills (40%).

LEARNING OUTCOMES

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

1. use the basic regulations of handball
2. perform at a satisfactory level of basic skills of the individual technique of the sport
3. to arbitrate a game.

LEARNING OUTCOMES - CONTINUED

Learning outcomes	Educational Activities	Evaluation	Students Work Load (hours)
1) Will know and understand basic rules of handball	Lectures, demonstrations and commentary of digital material, homework	Intermediate exams with tests of cognitive assessment and final test in cooperation with federation in order to acquire the basic knowledge to access the arbitration degree	10
2) Will perform a satisfactory level of basic skills of the individual technique of handball.	Practical exercises, practice and homework, tutorial exercises	Intermediate checks and appropriate tests	30
3) Will implement arbitration in a game.	Practical exercises practice and homework, test arbitration skill.	Intermediate checks arbitration in small length matches	20
		Total	60

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

- –trosse, h-d. (2008) handball handbook. athens: athlotypo
- –handball regulations
(<http://www.handball.org.gr/gr/mngrfiles/Rules%20of%20the%20Game%28Greek%29.pdf>)