

## COURSE OUTLINE HANDBALL COACHING AND TEACHING

### 1. GENERAL

<b>SCHOOL</b>	<b>PHYSICAL EDUCATION, SPORT SCIENCE AND OCCUPATIONAL THERAPY</b>		
<b>DEPARTMENT</b>	PHYSICAL EDUCATION AND SPORT SCIENCE		
<b>LEVEL OF STUDIES</b>	ISCED level 6 – Bachelor's or equivalent level		
<b>COURSE CODE</b>	C106	<b>SEMESTER</b>	1 <sup>ST</sup> and 2 <sup>ND</sup>
<b>COURSE TITLE</b>	HANDBALL COACHING AND TEACHING		
<b>TEACHING ACTIVITIES</b> <i>If the ECTS Credits are distributed in distinct parts of the course e.g. lectures, labs etc. If the ECTS Credits are awarded to the whole course, then please indicate the teaching hours per week and the corresponding ECTS Credits.</i>		<b>TEACHING HOURS PER WEEK</b>	<b>ECTS CREDITS</b>
		3	6
Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.			
<b>COURSE TYPE</b> <i>Background, General Knowledge, Scientific Area, Skill Development</i>	Background		
<b>PREREQUISITES:</b>	No		
<b>TEACHING &amp; EXAMINATION LANGUAGE:</b>	Greek English (Erasmus students)		
<b>COURSE OFFERED TO ERASMUS STUDENTS:</b>	Yes		
<b>COURSE URL:</b>	<a href="https://eclass.duth.gr/courses/KOM02359/">https://eclass.duth.gr/courses/KOM02359/</a>		

### 2. LEARNING OUTCOMES

<b>Learning Outcomes</b> <i>Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.</i>	
<p>Upon the completion of this course, students will be able to:</p> <ul style="list-style-type: none"> <li>• <i>know the basic regulations of handball</i></li> <li>• <i>perform at a satisfactory level of basic skills of the individual technique of the sport</i></li> <li>• <i>arbitrate a game.</i></li> </ul>	
<b>General Skills</b> <i>Name the desirable general skills upon successful completion of the module</i>	
<i>Search, analysis and synthesis of data and information, ICT Use Adaptation to new situations Decision making Autonomous work Teamwork Working in an international environment Working in an interdisciplinary environment Production of new research ideas</i>	<i>Project design and management Equity and Inclusion Respect for the natural environment Sustainability Demonstration of social, professional and moral responsibility and sensitivity to gender issues Critical thinking Promoting free, creative and inductive reasoning</i>
<ul style="list-style-type: none"> <li>• <i>Search, analysis and synthesis of data and information, ICT Use</i></li> <li>• <i>Adaptation to new situations</i></li> <li>• <i>Decision making</i></li> <li>• <i>Autonomous work</i></li> <li>• <i>Teamwork</i></li> <li>• <i>Equity and Inclusion</i></li> <li>• <i>Demonstration of social, professional and moral responsibility and sensitivity to gender issues</i></li> </ul>	

- Critical thinking
- Promoting free, creative and inductive reasoning

### 3. COURSE CONTENT

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

### 4. LEARNING & TEACHING METHODS - EVALUATION

<b>TEACHING METHOD</b> <i>Face to face, Distance learning, etc.</i>	Face to face Lectures and practical applications as well as distance learning	
<b>USE OF INFORMATION &amp; COMMUNICATIONS TECHNOLOGY (ICT)</b> <i>Use of ICT in Teaching, in Laboratory Education, in Communication with students</i>	Use of ICT in Teaching	
<b>TEACHING ORGANIZATION</b> <i>The ways and methods of teaching are described in detail.  Lectures, Seminars, Laboratory Exercise, Field Exercise, Bibliographic research &amp; analysis, Tutoring, Internship (Placement), Clinical Exercise, Art Workshop, Interactive learning, Study visits, Study / creation, project, creation, project. Etc.    The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards.</i>	<b>Activity</b>	<b>Workload/semester</b>
	Lectures	39
	Field Exercise	78
	Study and individual works	17
	Interactive learning and analysis of digital material	16
	<b>Total</b>	<b>150</b>
<b>STUDENT EVALUATION</b> <i>Description of the evaluation process    Assessment Language, Assessment Methods, Formative or Concluding, Multiple Choice Test, Short Answer Questions, Essay Development Questions, Problem Solving, Written Assignment, Essay / Report, Oral Exam, Presentation in audience, Laboratory Report, Clinical examination of a patient, Artistic interpretation, Other/Others</i>	Final written examination (30%) Practical examination in compulsory exercise combination with and without apparatus (60%) Written assignments (10%)	

Please indicate all relevant information about the course assessment and how students are informed

## 5. SUGGESTED BIBLIOGRAPHY

1. Trosse, H.D. (2008). *Handbuch Handball*. Athens: Athlotype.
2. *Theory & Methodology of Handball: Coaching and pedagogical approach*. Kotzamanidis Christos. Thessaloniki, 2019.
3. Handball rules (<http://www.handball.org.gr/gr/mngrfiles/Rules%20of%20the%20Game%28Greek%29.pdf> )

## ANNEX OF THE COURSE OUTLINE

### Alternative ways of examining a course in emergency situations

<b>Teacher (full name):</b>	CHRISTOS CHRISTOFORIDIS
<b>Contact details:</b>	<a href="mailto:cchristo@phyed.duth.gr">cchristo@phyed.duth.gr</a>
<b>Supervisors: (1)</b>	NO
<b>Evaluation methods: (2)</b>	Oral examination with distance learning methods
<b>Implementation Instructions: (3)</b>	<p>The examination in the course will be carried out through oral exams in handball regulations and handball basics in the e-class, on the day according to the examination program announced by the Secretariat.</p> <p>The exam will be conducted through Teams. The link will be sent to students via e-class exclusively to the institutional accounts of those who have registered for the course and have learned the terms of distance methods.</p> <p>Students will have to log in to the examination room through their institutional account, otherwise they will not be able to participate. They will also take part in the examination with a camera, which they will have open during the examination. Before the start of the exam, students will show their identity to the camera, so that they can be identified.</p> <p>Each student should answer 5 multiple choice questions. Each of the questions is graded 2.0 points.</p>