

COURSE OUTLINE HANDALL DEFENSIVE AND OFFENSIVE BASIC SKILLS - MINI HANDBALL

1. GENERAL

SCHOOL	PHYSICAL EDUCATION, SPORT SCIENCE AND OCCUPATIONAL THERAPY		
DEPARTMENT	PHYSICAL EDUCATION AND SPORT SCIENCE		
LEVEL OF STUDIES	ISCED level 6 – Bachelor's or equivalent level		
COURSE CODE	C681	SEMESTER	5 th
COURSE TITLE	HANDALL DEFENSIVE AND OFFENSIVE BASIC SKILLS - MINI HANDBALL		
TEACHING ACTIVITIES <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>		TEACHING HOURS PER WEEK	ECTS CREDITS
		3	6
<i>Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.</i>			
COURSE TYPE <i>Background, General Knowledge, Scientific Area, Skill Development</i>	Major		
PREREQUISITES:	Coaching and teaching handball		
TEACHING & EXAMINATION LANGUAGE:	Greek		
COURSE OFFERED TO ERASMUS STUDENTS:	No		
COURSE URL:	https://eclass.duth.gr/courses/KOM02359/		

2. LEARNING OUTCOMES

Learning Outcomes

Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.

After successful completion of the course, participants will be able to:

- *perform and teach defensive and offensive individual technical skills of handball in greater depth, analyze the theoretical bases of technique and how can be assessed, teach the specific technical requirements associated with each position, as well as the skills a goalkeeper needs to develop in handball and how these skills are trained.*
- *become familiar with and implement mini-handball game.*

General Skills

Name the desirable general skills upon successful completion of the module

Search, analysis and synthesis of data and information,

ICT Use

Adaptation to new situations

Decision making

Autonomous work

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

Teamwork Working in an international environment Working in an interdisciplinary environment Production of new research ideas	Critical thinking Promoting free, creative and inductive reasoning
<ul style="list-style-type: none"> • Search, analysis and synthesis of data and information, ICT Use • Adaptation to new situations • Decision making • Autonomous work • Teamwork • Equity and Inclusion • Demonstration of social, professional and moral responsibility and sensitivity to gender issues • Critical thinking • Promoting free, creative and inductive reasoning 	

3. COURSE CONTENT

<ol style="list-style-type: none"> 1. G.H.F. – Development model, Championship structure. Movements with and without the ball, change direction, forward-backward movement, screening – ball release and reception. 2. Ball grip. Dribbling. 3. Reception. All types of passes. 4. Throwing theory: Kinematic characteristics of basic throw and jump throw. 5. Special throws, penalty. 6. Feinting – feint theory. Simple – complex feints. 7. Defensive position – Defensive movements. Opponent control. Basic personal defense skills (man-to-man). 8. Goalkeeper. Basic positions, high, medium, low saves. Special saves. Goalkeeper and fast break. goalkeeper preparation, physical preparation exercise routines, Technical-tactical exercise routines. 9. Individual preparation of playmaker and intermediate attackers. 10. Individual preparation of wingers and pivot. 11. Introduction to mini handball – rules. Presentation of mini handball games. 12. Participation in a mini handball game with rules. 13. Workshop: Teaching the throw in primary school.
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4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD Face to face, Distance learning, etc.	Face to face Lectures and practical applications as well as distance learning
USE OF INFORMATION & COMMUNICATIONS	Use of ICT in Teaching

TECHNOLOGY (ICT) <i>Use of ICT in Teaching, in Laboratory Education, in Communication with students</i>		
TEACHING ORGANIZATION <i>The ways and methods of teaching are described in detail.</i> <i>Lectures, Seminars, Laboratory Exercise, Field Exercise, Bibliographic research & analysis, Tutoring, Internship (Placement), Clinical Exercise, Art Workshop, Interactive learning, Study visits, Study / creation, project, creation, project. Etc.</i> <i>The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards.</i>	Activity	Workload/semester
	Lectures	39
	Field Exercise	71
	Study and individual works	20
	Interactive learning and analysis of digital material	20
	Total	150
STUDENT EVALUATION <i>Description of the evaluation process</i> <i>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> <i>Please indicate all relevant information about the course assessment and how students are informed</i>	Final written examination (30%) Practical examination in compulsory exercise combination with and without apparatus (50%) Written assignments (20%)	

5. SUGGESTED BIBLIOGRAPHY

<ol style="list-style-type: none"> <li data-bbox="256 1310 879 1348">1. I. Bagios (2002). <i>Handball Technic</i>. Athens: Salto. <li data-bbox="256 1348 1294 1422">2. D. S. Chatziemanouil. (2011). <i>6+1 technical-tactical practice of handball goalkeeper</i>. Thessaloniki: DiSigma. <li data-bbox="256 1422 1225 1485">3. <i>Handball rules</i> (https://drive.google.com/file/d/1Kr5qfZt7bVILUXhU6lv1CGQd-p9YF1Bp/view)
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ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	CHRISTOS CHRISTOFORIDIS, Teaching Staff D.P.E.S.S. – D.U.T.H.
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Supervisors: (1)	NO

Evaluation methods: (2)	Oral examination with distance learning methods
Implementation Instructions: (3)	<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>