

## COURSE OUTLINE PRACTICE SPECIALIZATION IN HANDBALL

### 1. GENERAL

<b>SCHOOL</b>	PHYSICAL EDUCATION, SPORT SCIENCE AND OCCUPATIONAL THERAPY		
<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>	C685	<b>SEMESTER</b>	7 <sup>th</sup> & 8 <sup>th</sup>
<b>COURSE TITLE</b>	PRACTICE <u>SPECIALIZATION</u> IN HANDBALL		
<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>	SCIENTIFIC AREA Major		
<b>PREREQUISITES:</b>	Coaching and teaching handball		
<b>TEACHING &amp; EXAMINATION LANGUAGE:</b>	Greek		
<b>COURSE OFFERED TO ERASMUS STUDENTS:</b>	No		
<b>COURSE URL:</b>	<a href="https://eclass.duth.gr/courses/KOM02359/">https://eclass.duth.gr/courses/KOM02359/</a>		

### 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 the successful completion of the course students will be able to:

- *Plan and carry out training sessions relating to handball skills teaching*
- *Plan and carry out tactical plans*
- *Plan training session relating to the development of physical conditioning*
- *Plan and carry out training session and weekly training plans*

- *Plan the utilization of technology in weekly training plan*
- *The aim of this course is to meet students the work places where they are able to employ following graduation. A further aim of this course is the practical application of theoretical knowledge, which was acquired during their studies. Sport clubs, where students will every year perform their practice will be Macedonian and Thracian sport clubs.*

#### **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*

*Teamwork*

*Working in an international environment*

*Working in an interdisciplinary environment*

*Production of new research ideas*

*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*

- *Search, analysis and synthesis of data and information, ICT Use*
- *Adaptation to new situations*
- *Decision making*
- *Autonomous work*
- *Teamwork*
- *Working in an interdisciplinary environment*
- *Project design and management*
- *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**

1. *Practical exercise in teaching and consolidation of handball skills in 8-12 years old children.*
2. *Practical exercise in teaching and consolidation of handball skills and fundamentals in tactics in preadolescent and adolescent handball players.*
3. *Practical exercise in the development of physical conditioning in preadolescent and adolescent handball players.*
4. *Practical exercise in weekly training (microcycles) development in male and female adult teams.*
5. *Practical exercise in skills training in male and female handball players.*
6. *Practical exercise in tactical training in adult teams.*

7. Practical exercise in strength training in adult male and female athletes.
8. Practical exercise in speed and agility training in adult male and female athletes.
9. Practical exercise in endurance specific training in adult male and female athletes.
10. Practical exercise in the development of training sessions in children.
11. Practical exercise in the development of training sessions in adults.
12. Practical exercise in record and manipulation of digital disc designed to scouting process.
13. Practical exercise in team guidance during the game.

#### 4. LEARNING & TEACHING METHODS - EVALUATION

<b>TEACHING METHOD</b> <i>Face to face, Distance learning, etc.</i>	Practical applications	
<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.</i>  <i>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>
	Attendance and participation in training sessions practice and study (plan and carry out handball skills training sessions for all age groups)	50
	Attendance and participation in training sessions practice and study (plan and carry out handball training relate to tactical skills)	50
	Attendance and participation in training sessions practice and study (plan and carry out training sessions for strength and conditioning	25

	development)	
	Attendance and participation in training sessions practice and study (recognize the significance of the utilization of technology in training process)	25
	Total	150
<p><b>STUDENT EVALUATION</b></p> <p><i>Description of the evaluation process</i></p> <p>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</p> <p>Please indicate all relevant information about the course assessment and how students are informed</p>		
Final progress report of training session planning for children and adult handball players and teams (100%).		

## 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. TOGANIDIS TH. & CHATZIGEORGIOU D. (2006) *HANDBALL IN PHYSICAL EDUCATION*. THESSALONIKI: SALTO.

## ANNEX OF THE COURSE OUTLINE

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

<b>Teacher (full name):</b>	Christos Christoforidis, Teaching staff (T.L.S.S.)
<b>Contact details:</b>	<a href="mailto:cchristo@phyed.duth.gr">cchristo@phyed.duth.gr</a>
<b>Supervisors: (1)</b>	No
<b>Evaluation methods:</b>	Final progress report of training session planning for children

(2)	and adult handball players and teams (100%).
<b>Implementation Instructions: (3)</b>	Final progress report of training session planning for children and adult handball players and teams (100%).