

Faculty	WWFiZ	Subject name	Team sports (WF/I/st/48)	
Field of study	Physical education	Study year/term	3/6	
Number of hours	30	ECTS points	6	
Subject type*	obligatory	Language	English	
Study level**	full-time	Subject form***	classes	
Preliminary and additional requirements (e.g. previous subjects)	No requirements.			
Subject objective	The aim of this subject is to learn the technique of basic skills and rules of the games in basketball, volleyball, handball, and football.			
SUBJECT LEARNING OUTCOMES (COURSE LEARNING OUTCOMES) after completing this subject, the student will be able to:				
Knowledge	S_K01. Explain the basic terms of basketball, volleyball, handball, and football (K_W26/P6U_W/P6S_WG).			
	S_K02. Know how to perform basic technical skills and systematics of exercises for teaching these elements (K_W25/P6U_W/P6S_WG).			
	S_K03. Have the basic knowledge of rules of basketball, volleyball, handball, and football (K_W25/P6U_W/P6S_WG).			
Skills	S_S01. Have an appropriate level of basic technical skills of basketball, volleyball, handball, and football (K_U21/P6U_U/P6S_UW).			
	S_S02. Lead a warm-up and a physical education lesson in team sports (K_U14/P6U_U/P6S_UK, K_U17/P6U_U/P6S_UO, K_U24/P6U_U/P6S_UW).			
	S_S03. Organise and referee competitions in team sports K_U21/P6U_U/P6S_UW).			
Social competences	S_SC01. Understand the need for continuous self-education in order to properly perform tasks entrusted to him (K_K06/P6U_K/P6S_KK).			
	S_SC02. Carry out tasks in a safe way, ensuring the safety of themselves, the participants and their environment (K_K08/P6U_K/P6S_KO).			
	S_SC03. Have the ability to self-assess in terms of the level of basic technical skills (K_K14/P6U_K/P6S_KK).			
Confirmation of achieved learning outcomes#	Continuous assessment, assessment of technical skills, written test.			#-continuous assessment (current preparation for classes), mid-term written test, mid-term oral test, final written test, final oral test, written exam, oral exam, assessment of motor skills, B.A./M.A. thesis, project realisation, attendance
Type of assessment mark##	Final assessment mark, support assessment mark.			##-final assessment mark, support assessment mark
###-lectures, classes, laboratory classes, projects, workshops, classes conducted by students				
Content	Subject form (number of hours) ###	Subject learning outcomes	Course learning outcomes	
1. An introduction to the classes (learning outcomes, passing criteria, content).	classes (2)	S_K01, S_SC01, S_SC03	K_W26, K_K06, K_K14	
2. The warm-up in team sports (structure, organizational forms, examples of physical exercises)	classes (2)	S_K02, S_S02, S_SC02	K_W25, K_U14, K_U17, K_U24, K_K08	
3. Technique and methodology of basic technical skills in basketball.	classes (2)	S_K01, S_K02, S_S01, S_SC03	K_W25, K_W26, K_U21, K_K14	
4. Technique and methodology of basic technical skills in volleyball.	classes (2)	S_K01, S_K02, S_S01, S_SC03	K_W25, K_W26, K_U21, K_K14	
5. Technique and methodology of basic technical skills in handball.	classes (2)	S_K01, S_K02, S_S01, S_SC03	K_W25, K_W26, K_U21, K_K14	
6. Technique and methodology of basic technical skills in football.	classes (2)	S_K01, S_K02, S_S01, S_SC03	K_W25, K_W26, K_U21, K_K14	
7. Games and play improving technical skills in team sports.	classes (2)	S_K02, S_K03, S_S02, S_SC02	K_W25, K_U14, K_U17, K_U24, K_K08	
8. Games and play improving technical skills in team sports.	classes (2)	S_K02, S_K03, S_S02, S_SC02	K_W25, K_U14, K_U17, K_U24, K_K08	
9. Mini team sports (characteristics, game rules, tournament) - basketball, volleyball.	classes (2)	S_K02, S_K03, S_S02, S_S03, S_SC02	K_W25, K_U14, K_U17, K_U21, K_U24, K_K08	
10. Mini team sports (characteristics, game rules, tournament) - handball, football.	classes (2)	S_K02, S_K03, S_S02, S_S03, S_SC02	K_W25, K_U14, K_U17, K_U21, K_U24, K_K08	
11. An example physical education lesson in a selected team sport.	classes (2)	S_K02, S_K03, S_S02, S_S03, S_SC02	K_W25, K_U14, K_U17, K_U21, K_U24, K_K08	
12. The game rules - seminar. Competition refereeing mechanics.	classes (2)	S_K03, S_S03, S_SC02, S_SC03	K_W25, K_U21, K_K08, K_K14	
13. The game rules - seminar. Competition refereeing mechanics.	classes (2)	S_K03, S_S03, S_SC02, S_SC03	K_W25, K_U21, K_K08, K_K14	
14. Interdisciplinary classes (based on more than one team sport). A simplified and school versions of the game.	classes (2)	S_K02, S_K03, S_S02, S_S03, S_SC02	K_W25, K_U14, K_U17, K_U21, K_U24, K_K08	
15. Final assessments (performance of practical tasks and theoretical test).	classes (2)	S_K01, S_K02, S_K03, S_S01, S_SC01, S_SC03	K_W25, K_W26, K_U21, K_K06, K_K14	
Equipment	1. Balls (basketball, volleyball, handball and football).			
	2. Cones, markers, training shirts.			
Passing criteria	Description and demonstration of basic technical skills in team sports. Passing the theoretical test. The student should have minimum 80% attendance in the classes.			
Exemplary exam (test) tasks	Definition and types of dribbling in basketball.			
	The meaning and types of games in mini-volleyball.			
	Types and technique of handball passes.			
	Types and technique of kicks in football.			
Literature	1. Bodasiņska, A. (2016) Improvement of selected technical elements of volleyball. Sport games in modern school, ed. Uldis Grāvītis, Jānis Židens, Irēna Dravniece; rec. Arunas Emeljanovas, Aivars Kaupužs. Rīga : Latvian Academy of Sport Education, 7-19.			

*obligatory, optional

**full-time, part-time, e-learning

***lectures, classes, laboratory classes, projects, workshops, classes conducted by students

#-continuous assessment (current preparation for classes), mid-term written test, mid-term oral test, final written test, final oral test, written exam, oral exam, assessment of motor skills, B.A./M.A. thesis, project realisation, attendance

##-final assessment mark, support assessment mark

###-lectures, classes, laboratory classes, projects, workshops, classes conducted by students

2. Bodasiņski, S. (2016). Improvement of basic technical skills of handball - different organisational solutions. Sport games in modern school, ed. Uldis Grāvitis, Jānis Židens, Irēna Dravniece; rec. Arunas Emeljanovas, Aivars Kaupužs. Rīga : Latvian Academy of Sport Education, 19-26.

3. Serra-Olivares, J., González-Villora, S., García-López, L. M., Araújo, D. (2015). Game-Based Approaches' Pedagogical Principles: Exploring Task Constraints in Youth Soccer. Journal of Human Kinetics, Vol. 46, 251-261.

4. Zieliņski, J, Jaślikowska-Sadowska, T., Wołosz, P. (2016). Games and fun use to learn and master technical elements of basketball. Sport games in modern school, ed. Uldis Grāvitis, Jānis Židens, Irēna Dravniece; rec. Arunas Emeljanovas, Aivars Kaupužs. Rīga : Latvian Academy of Sport Education, 54-56.

ECTS points	
<i>Number of hours with teacher (e.g. classes, office hours)</i>	40
<i>Number of hours without teacher (e.g. homework)</i>	110
ECTS points in total	150/6
Teacher (e-mail)	dr Anna Bodasiņska (anna.bodasiņska@awf-bp.edu.pl) dr Janusz Zieliņski (janusz.zielinski@awf-bp.edu.pl)