



IPBeja

INSTITUTO POLITÉCNICO
DE BEJA

School of Education
Course Unit Syllabus

Level of qualification:

First cycle (EQF level 6) - Bachelor

Study cycle:

Sports

Course Unit: 956306 - Propaedeutic and Methodology of Physical Activity and Sport I - Handball

Year 1 Semester 1 ISCED Code: 1014 ECTS: 2,5

Type of Course Unit: Compulsory Delivery Mode: Face-to-face

Language of Instruction: Portuguese

COURSE COORDINATOR: Nuno Eduardo Marques de Loureiro

HOURS OF WORK

TOTAL HOURS	Contact Hours								Hours in autonomous work
	Theory	Theory and practice	Practical and laboratory work	Field work	Seminar	Internship	Tutorial guidance	Other	
62,5	10	35							17,5

Prerequisites (if applicable): <<Max 500 characters with spaces>>

LEARNING OUTCOMES (knowledge, skills and competence)

1. Understand the rules of the handball sport
2. Master the specific techniques (offensive and defensive)
3. Master the specific tactics structures of attack and defence
4. Request the analysis capacity of game situations and the use of appropriate actions according to the intervention of the opponents.

CONTENTS

A1-historical perspective of the emergence of the sport

A2-Evolution of the game

A3-Evolution of the game in the regulatory framework

A4-analysis of the actual game

A5-General Characteristics of Handball

B-Systematic Technique (forward / defensive / GR):

B1-Goalkeepers: Fundamental position; Basic movements

B2-technique defensive: Fundamental Positions; Stop; Basic movements; Control of the opponent; Disarm; Block the shot

B3-Forward Technique: basic movements; Stop; Shifts; Pass; Reception; Catch the ball; Simulation; Driving the ball; Shot; Systematic C-tactic (defence / attack)

C1-Defense: Principles; tactics; Forms of relationship; Systems; Phases

C2-Attack: Principles; tactics; Forms of relationship; Systems; Phases

A6- Adapted Handeball

A7 – Beach Handeball

DEMONSTRATION OF THE CONTENTS COHERENCE WITH THE COURSE UNIT'S LEARNING OUTCOMES

The various subjects covered - essentially practical - seek to address the sport in a phased manner but without losing sight of the chained perspective of the same which gives the game unique peculiarities. The main technical aspects are covered and some

of the major group and collective practical offensive and defensive systems to overcome them are developed

TEACHING METHODOLOGIES

During the sessions work may take the following dimensions: theoretical classes and practical actions of technical and tactical development of the student.

DEMONSTRATION OF THE COHERENCE BETWEEN THE TEACHING METHODOLOGIES AND THE LEARNING OUTCOMES

The theoretical and practical nature of the curricular unit justifies the use, in a complementary way, of active methodologies with a strong practical and experimental component associated with theoretical exposure frequently used to support audio-visual materials, as well as resorting to bibliographical research. The use of presentations by the students to the group-class of the results of the performed research in an autonomous way and supervised by the teacher is recurrent.

EVALUATION METHODS

the evaluation of this curricular unit is performed as follows: Individual work with the testing rules query (prerequisite - 0%), Group work of Statistical Analysis of a game delayed (25%), Group work of a tactical analysis game delayed (25%), practical assessment of the technical and tactical elements of the sport (50%). The theoretical papers in case of negative evaluation can be reformulated and in the case of a negative evaluation of the practical part the students will have a new opportunity to perform

MAIN BIBLIOGRAPHY

Czerwinski, J. (1993) El balonmano. Barcelona. Paidotribo

Masuet, X. (2019) Juegos de iniciacion a los deportes colectivos, Barcelona, Editora Paidotribo

Moreira, I.& Estriga, L (2014) Ensino do Andebol na escola. Porto. Universidade do Porto

Ribeiro, M. & Volossovitch, A. (2008) Andebol. O ensino do andebol dos 7 aos 10 anos. Cruz-quebrada. Edições FMH.

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