



## COURSE DESCRIPTION CARD - SYLLABUS

Course name

Basketball [C\_CS>Kosz30]

### Course

Field of study

Interior Design

Year/Semester

1/1

Area of study (specialization)

–

Profile of study

practical

Level of study

first-cycle

Course offered in

polish

Form of study

full-time

Requirements

elective

### Number of hours

Lecture

0

Laboratory classes

0

Other (e.g. online)

0

Tutorials

30

Projects/seminars

0

### Number of credit points

0,00

### Coordinators

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### Lecturers

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### Prerequisites

Ability to exercise confirmed by doctor or a doctor's certificate of a dysfunction for an effective trainer compensatory classes.

## Course objective

Basketball is one of the most popular team games in the world. It is practiced by both men and women, professionally or recreationally. It has its fans of all ages. The players, moving around the 28m x 15m pitch, with or without the ball, are to make as many accurate throws as possible into the opponent's basket suspended at a height of 3.05m and prevent the opposing team from intercepting the ball. In the described game, the players move around the designated playing field, performing dynamic movements and jumping. The player must follow strict rules regarding: dribbling, passing and throwing the ball into the basket. Players should demonstrate not only a well-mastered technique and knowledge of the rules of the game, but also high speed and agility. Basketball is a very dynamic sport. Only throwing the ball into play and free kicks are performed by the player in a static position. Other movements differ in speed, direction or change of pace. It is not without reason that it is one of the most frequently chosen team games by students of the Poznań University of Technology. Women's, men's and mixed teams are selected during the classes, which gives you a chance to make new friends. It is not height and physical conditions that are most important, but rather commitment, general physical fitness and technical skills. For those interested in individual development, we offer participation in training sessions of the sports section of the AZS PP University Club and participation in tournaments organized as part of academic competitions.

## Course-related learning outcomes

Knowledge:

Knowledge of the rules of the game and sports regulations in relation to the selected discipline as part of Physical Education classes.

Knowledge of the principles of conducting exercise classes.

Skills:

The ability to independently assess the situation during classes based on regulations and rules in a specific discipline.

Ability to independently conduct a warm-up based on the assumptions of the class program.

The ability to adapt difficulties to individual needs during classes.

The ability to objectively assess oneself and react to its results in relation to the requirements set for oneself.

Competencies:

The student gains awareness of his or her body to skillfully select exercises to shape and develop it properly.

The student acquires the ability to work in a group by analyzing together, selecting exercises, discussing problems and assessing progress.

The student acquires organizational skills in conducting classes and organizing basic sports competitions (matches, tournaments, etc.) in accordance with applicable regulations and fair play principles.

## Methods for verifying learning outcomes and assessment criteria

Learning outcomes presented above are verified as follows:

Basketball: 5 wheels test, mini tournaments.

Passing the course takes place through active and regular participation in classes. Absences without the obligation to make up and justify are possible in the absence of a maximum of 2 classes with 30 hours in a semester. The student is obliged to make up for the remaining unjustified absences and short-term sick leave in consultation with his/her teacher. It is possible to make up two classes a week. You can participate in physical education classes no more than once a day. Classes must be made up on a day other than the scheduled classes.

## Programme content

Basketball: General development warm-up with or without balls aimed at improving motor skills such as: endurance, speed, strength, agility, flexibility, power and motor coordination. Learning and improving the most important elements of individual technique used in the game of basketball: dribbling, passing, standing shots or running and footwork used both in attack and defense. Improving team basketball skills by performing specialized exercises, e.g. advantage and playing 5x5 basketball, which is the most important part of teaching classes, taking into account FIBA rules.

Shaping and improving psychological features: concentration, emotional control, self-confidence, perseverance, motivation, communication and team cooperation.

## Teaching methods

Practical exercises explained and presented by the teacher.

## Bibliography

Reguls of games: basketball (2021). Specialist press on Basketball.

## Breakdown of average student's workload

	Hours	ECTS
Total workload	30	0,00
Classes requiring direct contact with the teacher	30	0,00
Student's own work (literature studies, preparation for laboratory classes/ tutorials, preparation for tests/exam, project preparation)	0	0,00