COURSE DESCRIPTION CARD - SYLLABUS

Course name
Basketball [C_CS>Kosz30_Z2]

Course

Field of study
Cybersecurity

Year/Semester
1/1

Area of study (specialization)
Air Transport Safety
Unmanned Aerial Vehicles
Technical Electrochemistry
Composites and Nanomaterials
Air Traffic Organisation
Aircraft Piloting
Aircraft Engines and Airframes
Onboard Systems and Aircraft Propulsion
Organic Technology
Polymer Technology
null

Profile of study
general academic

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
0

Tutorials
30

Projects/seminars
0

Number of credit points

0,00

Coordinators

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Prerequisites

- general mobility - having sports clothes

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.

Social competences:
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
Completing the course is achieved through active and regular participation in classes.
Two absences are possible without the obligation to make up or justify 30 hours per semester. The student is obliged to make up for remaining absences and short-term sick leave in consultation with his/her teacher.
It is possible to complete 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

Warm-up its types and objectives .
Elements of individual technique : scrambling, passing,throwing from the spot or running and footwork used in both offense and defense.
Improving team skills through the performance of specialized exercises and the game proper. Formation of psychological qualities:concentration,mastery of emotions,selfconfidence,perseverance,motivation,communication and cooperation in the team.

Course topics

Throwing technique - learning the basic elements of throwing, improving accuracy and throwing power.
Game tactics - positions on the pitch, rotations, rules of cooperation with team partners.
Fitness exercises - strength, speed and endurance training
Development of individual skills - dribbling, turns, passing, work on speed and precision of movements.
Team exercises - team games that help develop the ability to cooperate and communicate with partners. Match Analysis - Watch and analyze recorded matches to better understand game tactics and techniques. Reflex development - exercises that improve reaction speed and the ability to make quick decisions during a match.
Organization of games and tournaments - organizing matches in the form of tournaments to enable students to compete and test their skills in practice.

Teaching methods

- verbal description
- show
- practical exercises
- strict follower, strict task-oriented.

Bibliography

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

Additional:
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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