

Course Title	HANDBALL I			
Course Code	SSHAN439-S-1			
Course Type	SPECIALISATION ELECTIVE			
Level	BSc (Level 1)			
Year / Semester	4th / Fall			
Teacher's Name	Dr. Anastasia Papavasileiou			
ECTS	12	Lectures / week	3	Laboratories / week / 3
Course Purpose	<p>The course aims to focus on providing an educational basis and practical skills in the field of handball, covering extensively the rules of the game, the analysis, and improvement of technical movements, the development of specific training programs that enhance muscle strength, endurance, speed, and flexibility. It also includes the learning of teaching methodologies and the practical application of knowledge through practice to students or sports clubs, as well as the reflection and evaluation of the curriculum, aiming at the comprehensive understanding and application of the technique and strategy of the sport.</p>			
Learning Outcomes	<p>Upon completion of the course, students will be able to:</p> <ol style="list-style-type: none"> 1. explain the basic rules of handball and present examples of their application in games. 2. analyze and evaluate technical movements in handball, as well as suggest improvements. 3. Classify the types of burden in handball and design training programs accordingly. 4. acquire basic knowledge of fitness in the sport of handball. 5. design and implement muscle strengthening programs for handball athletes. 6. develop the ability to design specific endurance programs for the sport. 7. design and implement speed training programs. 8. develop programs that improve the flexibility and dexterity of athletes. 9. They teach the technique of handball in a methodical and effective way. 10. apply theoretical knowledge in practical training with students or in sports clubs, developing their teaching skills. 11. Analyze and evaluate the effectiveness of implemented teaching 			

	practices and training programs and their contribution to improving athletes' performance.		
Prerequisites	PESS106: Training Principles	Corequisites	No
Course Content	<ol style="list-style-type: none"> 1. Game rules 2. Analysis of technical movements of handball 3. Classification of burden in handball 4. Introduction to the physical condition of the sport 5. Special muscle strengthening training 6. Special endurance training 7. Special speed training 8. Special flexibility and dexterity training 9. Theory of methodical teaching of technique to field players 10. Practical training for basic cycle students or sports clubs 11. Reflection and evaluation of the topics taught. 		
Teaching Methodology	Monological, dialogical, and exploratory-active methods. Lectures, individual study, dialogue/questions and answers, brainstorming, experiential learning, exploratory methods, and critical reflection will be used.		
Bibliography	<p>Κοτζαμανίδης Χ. (2019). <i>Θεωρία και μεθοδική του χάντμπολ</i>. Θεσσαλονίκη: Αφοι Κυριακίδη Α.Ε.</p> <p>Μπάγιος Ι. (2002). <i>Τακτική της χειροσφαίρισης</i>. Αθήνα.</p> <p>Μπάγιος Ι. (2003). <i>Τεχνική της χειροσφαίρισης</i>. Αθήνα.</p> <p>Ζάκας Α. (2003). <i>Κανόνες Διαιτησίας χειροσφαίρισης</i>. Θεσσαλονίκη.</p>		
Assessment	<p>The assessment of the course includes both a continuous assessment (50%) and a final exam (50%). The continuous evaluation consists of exit tickets (25%) and group deliverables (25%). The exit tickets will examine the student's performance in the reported learning practical outcomes of the current lecture. The group deliverable will examine the student's ability to process the learning experience gained in your current course set (new or revised interpretation). The final exam will consist of open-ended questions</p> <p>on all topics and case-solving questions.</p>		
Language	Greek / English		



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