

Course Title	<b>HANDBALL II</b>				
Course Code	SSHAN440-S-1				
Course Type	SPECIALISATION ELECTIVE				
Level	BSc (Level 1)				
Year / Semester	4th / Spring				
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 integrated and in-depth approach to modern handball, covering the characteristics of the sport, the profile of the handball player, the annual training plan, and training in tactics at both individual and team levels, including attack, defense, and the specific requirements of goalkeepers. At the same time, emphasis is placed on the factors that affect the competitive development of athletes, the methods of evaluation and biochemical analysis, as well as the introduction to literature research and methods of match analysis. This course aims to train specialists with a deep understanding of handball and the ability to apply this knowledge in practice, contributing to the development of the sport and improving the performance of athletes.</p>				
Learning Outcomes	<p>Upon completion of the course, students will be able to:</p> <ol style="list-style-type: none"> <li>1. Describe the characteristics of modern handball.</li> <li>2. Understand the profile of the handball player.</li> <li>3. Recognize the factors that affect the competitive course of handball players.</li> <li>4. Apply evaluation and biochemical evaluation methods to handball athletes.</li> <li>5. Design an annual training program based on the needs of the sport.</li> <li>6. Analyze attack and defense tactics individually and as a team.</li> <li>7. Evaluate the effectiveness of training plans and tactics.</li> <li>8. Compose and adapt training programs and tactics to improve individual and team performance.</li> <li>9. Develop strategies to enhance individual and team tactics, including goalkeeping performance.</li> <li>10. Critically evaluate performance and tactics in handball, using scouting techniques.</li> </ol>				

	<p>11. To judge the effectiveness of various evaluation methods in the development and improvement of handball players.</p> <p>12. Create original research and contribute to handball literature with new knowledge and research findings.</p>		
Prerequisites	PESS106: Training Principles	Corequisites	No
Course Content	<ol style="list-style-type: none"> <li>1. Features of modern handball.</li> <li>2. The profile of the handball player.</li> <li>3. Annual training planning</li> <li>4. Methodical teaching of individual tactics in attack and defense.</li> <li>5. Methodical teaching of departmental tactics in attack and defense.</li> <li>6. Methodical teaching of team tactics in attack and defense.</li> <li>7. Methodical teaching of individual and team tactics in the attack and defense of the goalkeeper</li> <li>8. Factors affecting the competitive course of handball players.</li> <li>9. Evaluation methods</li> <li>10. Biochemical evaluation of handball athletes.</li> <li>11. Introduction to the literature research of handball.</li> <li>12. Scouting methods.</li> </ol>		
Teaching Methodology	<p>Monological, dialogical and exploratory-active methods. Lectures, individual study, dialogue / questions and answers, brainstorming, experiential learning, exploratory method and critical reflection will be used.</p>		
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 on all topics and case-solving questions.</p>		
Language	Greek / English		



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