



COURSE DATA

Data Subject

Code	33213
Name	Handball
Cycle	Grade
ECTS Credits	6.0
Academic year	2024 - 2025

Study (s)

Degree	Center	Acad. year	Period
1312 - Degree in Physical Activity and Sport Sciences	Faculty of Physical Education and Sport Sciences	2	First term
1331 - Degree in Physical Activity and Sport Sciences (Ont)	Faculty of Physical Education and Sport Sciences	2	First term

Subject-matter

Degree	Subject-matter	Character
1312 - Degree in Physical Activity and Sport Sciences	9 - Foundations of team sports	Obligatory
1331 - Degree in Physical Activity and Sport Sciences (Ont)	9 - Fundamentos de los Deportes Colectivos	Obligatory

Coordination

Name	Department
FERRI CARUANA, ANA MARIA	122 - Physical and Sports Education
PARDO IBAÑEZ, ALBERTO	122 - Physical and Sports Education
ROMAGNOLI, MARCO	122 - Physical and Sports Education

SUMMARY

The subject handball has a teaching load of 6 ECTS credits, is part of the module basics of team sports, with basketball and football subjects, and is taught in the second year of the degree of Physical Activity Sport Sciences.



This is a practical subject that aims to develop in students the ability to evaluate and use the handball as an educational activity, based on the knowledge and analysis of its structure and educational foundations, as well as the domain and knowledge at a basic level of technical and tactical means. It also aims to develop lifelong learning skills and critical attitude and the adequate practice of handball.

The contents of the subject are based on five major blocks. The first block corresponds to a conceptual introduction to the sport in which its history, rules, structure, models and initiation methodologies are analyzed. In the second block the individual technical tactical media are analyzed. In the third block the collective tactical means. In the fourth block, the most common game systems are explained, from initiation to high performance. Finally, the fifth block synthesizes the application of other specialties to the field of handball such as physical preparation, nutrition, research and psychology.

The content development is done following a model of sport initiation, so that students discover in practice how the different components of the handball game are introduced in combination and sequentially.

PREVIOUS KNOWLEDGE

Relationship to other subjects of the same degree

There are no specified enrollment restrictions with other subjects of the curriculum.

Other requirements

The theoretical and practical contents of this course offer the student the opportunity to acquire both practical and theoretical knowledge, not requiring any specific requirement, regardless of the minimum academic training, to pursue these university studies. However, it is recommended that students possess: the basic skills of this sport, willingness to work in teams and mastery of basic computer tools.

1312 - Degree in Physical Activity and Sport Sciences

- Know and understand the fundamentals, structures and functions of human motor skills and movement patterns.
- Know and understand the fundamentals of game play and sport.
- Apply the principles of fundamental rights, gender equality, equal opportunities, universal accessibility for people with disabilities, solidarity, environmental protection, the culture of peace and democratic values.
- Design, implement and evaluate the teaching-learning processes related to physical activity and sport, paying attention to the individual, collective and contextual characteristics of people.
- Plan, implement and evaluate the motor skills training process at its different levels and practice environments.



- Know and understand the common characteristics of collective sports (football, basketball and handball).
- Master the specific gestural motor development in collective sports (football) in the theoretical-practical aspects of the game in attack and defence.
- Integrate collective sports (football, basketball and handball) as an educational means in the school stages.
- Apply the strategic tactical fundamentals of team play in collective sports (football, basketball and handball).
- Select and know how to develop sports material and equipment suitable for each type of collective sport.
- Design, implement and evaluate the teaching and learning processes of collective sports (football, basketball and handball).
- Apply the principles of fundamental rights, gender equality, equal opportunities, universal accessibility for people with disabilities, the culture of peace and democratic values.

1. To perform the handball game means with an efficiency that allows active participation in the practical activities of the subject.
2. To perceive the characteristics of the game situation and to select the media and game systems based on this.
3. To observe training needs and plan and direct efforts to improve them.
4. To Analyze and use the available resources to teach handball adapting them to their own criteria.

DESCRIPTION OF CONTENTS

1. Conceptualization and teaching of handball

1. Conceptual approach and didactic bases of handball.
2. Handball: history and regulation.

2. Teaching of individual means in handball initiation

3. The base position, the displacements and the grip-handling of the ball. The uncheck, pass and reception. The marking and interception.
4. The displacements in possession of the ball: the cycle of steps and the boat. The dispossession of the ball. The feint and the control of the attacker with the ball.
5. The shot on goal, the blocking and the actions of the goalkeeper. Collaboration defender-goalkeeper.



3. The teaching of collective tactics in the initiation to handball.

- 6. Simple tactical means: Circulation of the ball and circulation of players. Tipping and dubbing.
- 7. The basic tactical means: Pass and go, crossing and successive penetrations. Defense of the pass and go. Sliding and change of opponent. Swap, lock, screen and curtain. Counter-blocking.

4. Teaching game systems in handball initiation.

- 8. The individual defense and its attack.
- 9. Open zonal defensive systems: the defense in two lines and its attack. The counterattack and its defense.
- 10. Closed zoned defensive systems: defense 5: 1 and 6: 0. The attack 3: 3 and The counterattack and its defense . Mixed defensive systems: defense 5 +1 and its attack.

WORKLOAD

ACTIVITY	Hours	% To be attended
Classroom practices	60,00	100
Attendance at events and external activities	2,00	0
Development of group work	15,00	0
Development of individual work	20,00	0
Study and independent work	20,00	0
Readings supplementary material	5,00	0
Preparation of evaluation activities	15,00	0
Preparing lectures	8,00	0
Resolution of case studies	5,00	0
TOTAL	150,00	

TEACHING METHODOLOGY

Two practical lessons of 120 minutes each week. Students should assist and actively participate at least to the 80% of lessons. Moreover students will have to present one group and several individual assignments.

We will use a reflexive methodology, characterized by playing in the court and group discussions from action. Moreover students could expose the assignments.

The teaching staff may consider or suggest carrying out an internship or external activity linked to the contents of the subject, provided that it is covered by insurance.



EVALUATION

Assistance: 80% of sessions * Given the nature of continuous assessment of practical classes, it is mandatory to attend 80% of them. Those students who do not attend 80% of the practical classes, should perform an additional work and / or practical demonstration of the skills considered (as agreed with the teacher) to be evaluated in the practical section of the subject, which corresponds to 30% of the final grade.

a) Theoretical Exam: 30%. Exam to be held at the end of the course. b) Practices: 30%. It will correspond to the weighted average of the marks obtained in the practices (both in the classroom and in the sports facilities) that will be carried out throughout the course (day to day). c) Group work: 20%. d) Individual jobs: 20%. Volunteer work: Up to an additional 10% Each of the previous sections (a, b, c., and d.) Must be approved independently.

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Basic

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Additional

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 - <http://www.rfeb.com/> Real Federación Española de Balonmano
 - <http://www.eurohandball.com/> Federación Europea de Balonmano (EHF)
 - <http://www.ihf.info/> Federación Internacional de Balonmano (IHF)