

<b>Study programme:</b> Undergraduate Academic Studies / Bachelor with Honours in Sport and Physical Education			
<b>Subject name:</b> HANDBALL / OA18			
<b>Teacher/Teachers:</b> Damjan Jakšić, PhD			
<b>Subject status:</b> Mandatory			
<b>ECTS credits:</b> 4			
<b>Requirements:</b> None			
<b>Subject aim</b> The purpose and the aim of this subject is to familiarise students with the basics of handball techniques, tactics and current official game rules and make the students acquire them so that they could later apply them in practice.			
<b>Subject outcome</b> Students who successfully realise all the subject tasks are expected to know about the origin and development of handball, know and understand the official handball rules, know and understand the rules and significance of the official handball rules for training and developing handball activities, to be trained to enhance handball activities from the aspect of applying all the relevant methodical principles and rules, to know the basics of individual, group and collective tactics of defence, attack and transition in handball.			
<b>Subject content</b> <i>Theory</i> Definition of the basic terms related to the technique, tactics, and official game rules, Sequence of training on technical-tactical handball elements, Handball history and Official game rules, Basic postures in handball, Goal shooting, feinting, Pivotman technique, Jumping-shot, feinting and action units ending in jumping shot and breakthrough after feinting, Leading the ball. Connection of leading with the previously acquired activities, Eret-shot and connection with other elements, Individual defence, Technical-tactical elements necessary for the players' cooperation, Basics of the collective handball tactics, Collective offence tactics (positional and transitional game). <i>Practice</i> Game with to goalposts, and the Basic postures in handball, Goal shooting, breakthrough, breakthrough feint, Pivoting and stopping, and training the acquired activities, Jumping-shot, shot-feint, and action units ending in jumping-shots, and a breakthrough after a shot feint, Dribbling and ball leading, Action units ending in a jumping-shot after leading and dribbling, Action units ending in a breakthrough after leading and dribbling, Training, Shooting and connecting with other elements, Individual defence, Training of activities necessary for 1:1 game, Catching and passing the ball, Catching the ball bouncing off the goalpost and connection with the preceding elements (making a wall) and proceeding elements (passing) necessary in the game, Breakthrough after catching the ball with and without dribbling.			
<b>Literature</b> 1) Đukić, M. (2017). Rukomet. Novi Sad: Fakultet sporta i fizičkog vaspitanja. 2) Šibila, M. (2004). Rokomet – Izabrana poglavja (dopolnjena izdaja). Ljubljana: Fakulteta za šport. 3) Clanton, R.E., & Dwight, M. P. (1996). Team Handball – Steps to Success (1st edition). Champaign, IL: Human Kinetics. ISBN 0-87322-411-6. 4) Laver, L., Landreau, P., Seil, R., & Popović, N. (2018). Handball Sports Medicine - Basic Science, Injury Management and Return to Sport. Berlin: Springer-Verlag GmbH. ISBN 978-3-662-55891-1 ISBN 978-3-662-55892-8 (eBook)			
<b>Number of active teaching classes</b>	<b>Theory:</b> 2		<b>Practice:</b> 2
<b>Teaching methods</b> Lectures, exercises, mid-term tests, consultations			
<b>Knowledge assessment (maximum number of points is 100)</b>			
<b>Pre-exam requirements</b>	points	<b>Final exam</b>	points
engagement in class activities	20	written exam	
practice	15	oral exam	40
term test(s)		tests (rules and theory)	25 (10+15)