### Subject title:

**Theory and Methodology of Basketball**

| 1. Department of Team Sport Games, |
| 2. **Degree, name and surname of lecturer leading the subject:** |
| **Associate Professor Artur Struzik, PhD.** |
| 3. e-mail: artur.struzik@awf.wroc.pl |

#### Leading language of the subject: English.

#### Subject level: basic.

#### Number of subject’s hours: 30 (15 x 2 hours)

#### Learning formula: practical exercises.

#### Subject goals:

- Students will learn how to organize exercises and games with basketball in the groups of young participants.
- Students will learn how to lead the learning of basketball skills.
- Students will learn how to properly choose exercises and games to learning process.
- Students will learn the basic skills essential in efficient communication in basketball.
- Students will learn to control, judge, self-rate and self-control their skills in basketball.
- Students will learn the basic rules of basketball and learn the skills of referees.
- Students will learn how to organize a basketball game.

#### Information about program:

*Subject include practical form of basketball. Students will learn how to define the goals and purposes of games and exercises of basketball. Also, students will lead the classes starting from a warm up through the main part of the subject containing exercises and games to the last, ending part of the lesson using the theory and methodic of sport games and education process.*

#### Course content:

- **Topic 1.** We introduce ourselves and get to know the basketball. – 2h
- **Topic 2.** Characteristics of basketball, its varieties and rules. – 2h
- **Topic 3.** Basic basketball skills. – 2h
- **Topic 4.** Various games in the preparation for basketball game. – 2h
- **Topic 5.** How to learn a set shot? – 2h
- **Topic 6.** How to learn lay-up shot? – 2h
<table>
<thead>
<tr>
<th>Topic</th>
<th>Duration</th>
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<tbody>
<tr>
<td>7. How to learn jump shot?</td>
<td>2h</td>
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<tr>
<td>8. How to learn dribble?</td>
<td>2h</td>
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<td>9. How to learn passing?</td>
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<td>10. Basic rules in defense.</td>
<td>2h</td>
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<td>11. How to evaluate basketball skills?</td>
<td>2h</td>
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<td>12. How to learn cuts?</td>
<td>2h</td>
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<td>13. Small basketball games in the preparation for basketball.</td>
<td>2h</td>
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<td>14. Self-rating and rating of basketball skills during a game.</td>
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<tr>
<td>15. Organization of the basketball game.</td>
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**Rating methods:**
- Current control of student preparation considering sport suit, trainers and a whistle;
- Ending control considering acquired knowledge in theory and methodology of studied subject;
- Control considering the rules of the game and refereeing abilities;
- Self-rating and rating other students in their basketball skills.

**Terms of subject graduation:**
- Active participation in classes.
- Positive grade considering current control.
- Positive grade considering rules of the studied subject in basic form.
- Positive grade considering knowledge of theory and methodology of studied subject.
- Positive grade considering refereeing abilities.
- Positive grade considering basketball skills test.

**Knowledge sources:**