



Information about the subject

Degree: Bachelor of Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 282054 **Name:** Handball

Credits: 4,50 **ECTS Year:** 3, 4 **Semester:** 2

Module: 4) Optional Module.

Subject Matter: Collective Sports. **Type:** Elective

Field of knowledge: Ciencias de la Salud

Department: Physical-Sports Disciplines and Activities

Type of learning: Classroom-based learning

Languages in which it is taught: Spanish

Lecturer/-s:

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(Responsible Lecturer)

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Module organization

4) Optional Module.

Subject Matter	ECTS	Subject	ECTS	Year/semester
Professional Itinerary Electives.	27,00	Fitness and Physical Conditioning	6,00	4/1
		Pedagogy in Educational Values in Sports and Physical Activity	6,00	4/1
		Skills, Entrepreneurship and Employment	3,00	4/2
		Sports Management of Human and Economic Resources	6,00	4/1
		Theory and Practice of Training for High Performance in Sports	6,00	4/1
Anthropology.	18,00	Anthropology	6,00	3/1
		Religion, Culture and Values	6,00	This elective is not offered in the academic year 24/25
		Science, Reason and Faith	6,00	3/2
Idiom.	9,00	Inglés Avanzado para Ciencias Actividad Física y Deporte	4,50	3, 4/2
		Inglés Intermedio para Ciencias Actividad Física y Deporte	4,50	3, 4/2
Nutrition.	4,50	Nutrition	4,50	3, 4/2



Sports Facilities.	4,50	Sports Facilities	4,50	This elective is not offered in the academic year 24/25
Methods and techniques of investigation.	4,50	Applied Research Methods and Techniques in Sport Sciences	4,50	4/2
Sports in the Natural Environment.	4,50	Sports in Nature: Specific Techniques	4,50	3, 4/2
Inclusive Activities and Practices	4,50	Inclusive Activities and Practices in the Areas of Education and Leisure Time	4,50	3, 4/2
Trends in sports practices	4,50	Trends in Sports Practices	4,50	This elective is not offered in the academic year 24/25
Direction and Management of Gyms and Sports Centers.	4,50	Gym and Sports Centre Management and Administration	4,50	This elective is not offered in the academic year 24/25
Individual sports.	22,50	Athletics	4,50	3, 4/2
		Cycling	4,50	This elective is not offered in the academic year 24/25
		Gymnastics	4,50	This elective is not offered in the academic year 24/25
		Swimming	4,50	This elective is not offered in the academic year 24/25
		Triathlon	4,50	3, 4/2



Collective Sports.	22,50	Basketball	4,50	3, 4/2
		Football	4,50	4/2
		Handball	4,50	3, 4/2
		Hockey	4,50	This elective is not offered in the academic year 24/25
		Volleyball	4,50	4/2
Adversary Sports.	18,00	Fencing	4,50	This elective is not offered in the academic year 24/25
		Judo	4,50	4/2
		Paddle	4,50	4/2
		Tennis	4,50	3, 4/2



Learning outcomes

At the end of the course, the student must be able to prove that he/she has acquired the following learning outcomes:

- R1 Describe the internal logic of basketball through the analysis of its formal and functional structure.
- R2 Describe and prioritize at a practical level according to ages, levels and contexts, the configuring elements of each of the structures (coordinative, cognitive, conditional, socio-affective and emotional-volitional) that make up basketball.
- R3 Design and apply sessions and programs for the development of basketball skills, using a teaching-learning methodology for different ages and levels.
- R4 Identify and analyze the degree of acquisition of the technical-tactical performance factors of Basketball, at different ages, levels and contexts.
- R5 Use new technologies to optimize the teaching-learning and performance assessment process.



Competencies

Depending on the learning outcomes, the competencies to which the subject contributes are (please score from 1 to 4, being 4 the highest score):

GENERAL		Weighting			
		1	2	3	4
CG2	Know how to apply information and communication technologies (ICT).			X	
CG3	Develop skills to solve problems through decision making.			X	
CG4	Convey any related information properly both in writing and orally.				X
CG5	Plan and organize any activity efficiently.			X	
CG6	Develop interpersonal relationship skills and teamwork, both in international and national contexts and in interdisciplinary as well as non-interdisciplinary teams.				X
CG7	Be able to carry out critical reasoning using the knowledge acquired.		X		
CG8	Recognize multiculturalism and diversity.		X		
CG11	Develop skills for creativity, initiative and entrepreneurship.			X	
CG12	Develop leadership skills.	X			
CG13	Be able to apply theoretical knowledge in practice.				X
CG14	Use the internet properly as a means of communication and as a source of information.			X	
CG15	Transmit the knowledge acquired both to people specialized in the matter and to people not specialized in The subject in question .				X
CG19	Develop habits of excellence and quality in professional practice.			X	



SPECIFIC	Weighting			
	1	2	3	4
CE 1.1 Understand, develop and know how to apply the procedures, strategies, activities, resources, techniques and methods involved in the teaching-learning process efficiently, developing the entire course of action in all sectors of intervention professional of physical activity and sports (formal and informal physical-sports education; physical and sports training; exercise physical for health; direction of physical activity and sport).				X
CE 1.2 Design and apply the methodological process integrated by observation, reflection, analysis, diagnosis, execution, evaluation technical-scientific and / or dissemination in different contexts and in all sectors of professional intervention of physical activity and sport.				X
CE 2.1 Adapt the educational intervention to the individual characteristics and needs for the entire population and with emphasis on special populations such as: schoolchildren, the elderly (elderly), people with reduced mobility and Know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different areas, contexts and types of activities for the entire population and with an emphasis on populations of a special nature such as: the elderly (elderly), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and / or prescribed by a doctor), taking into account gender and diversity. diversity.			X	
CE 2.4 Articulate and deploy an advanced level of skill in the analysis, design, and evaluation of assessment and control tests of physical condition and physical-sports performance.			X	



CE 4.1 Fluently develop procedures and protocols to solve unstructured, unpredictable and growing problems complexity, articulating and displaying a domain of the elements, methods, processes, activities, resources and techniques that make up basic motor skills, physical activities, sports skills, play, expressive body activities and dance, and activities in nature in an appropriate, efficient, systematic, varied and methodologically integrated way for all the population and with emphasis on populations of a special nature such as: older people (seniors), schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and / or prescribed by a doctor), attending to gender and diversity and in any sector of professional intervention of physical activity and sport (teaching formal and informal physical-sports; physical and sports training; physical exercise for health; direction of physical activity and sport).

X

CE 4.2 Elaborate fluently procedures and protocols to solve unstructured, unpredictable and difficult problems. increasing complexity, articulating and displaying a domain of the elements, methods, procedures, activities, resources, techniques and processes of physical condition and physical exercise in an adequate, efficient, systematic, varied and integrated way methodologically for the entire population and with emphasis on special populations such as: older people (elderly), schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and / or prescribed by a doctor), taking into account gender and diversity and in any sector of professional intervention of activity physics and sport.

X

CE 4.3 Develop and implement the technical-scientific evaluation of the elements, methods, procedures, activities, resources and techniques that make up the manifestations of movement and processes of physical condition and physical exercise; having take into account the development, characteristics, needs and context of individuals, different types of population and spaces where physical activity and sports are carried out; in the various sectors of professional intervention and with an emphasis on populations of special character.

X



Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
R3, R4, R5	30,00%	Carrying out a project.
R1, R2, R3, R4	40,00%	Written / oral and / or practical tests.
R3, R4, R5	10,00%	Active participation.
R1, R2, R4	10,00%	Oral presentation of individual and / or group works.
R4, R5	10,00%	Autonomous work.

Observations

- The student may keep the evaluation instruments passed during the 3 years following the first enrollment.
- It is necessary to obtain a 50% in all the instruments to pass the course. If this criterion is not met, the student will be graded with a maximum of 4.5 in that exam session.
- Attendance to the practical sessions indicated in the schedule is compulsory. In case of not attending 80% of the practical sessions, the student will not be evaluated during that academic year in accordance with article 8 of the UCV exam regulations (the student will appear as "No Present").

SPECIFICATIONS TO THE EVALUATION INSTRUMENTS

Written/oral and/or practical tests

The exam consists of a single final test on the dates of the official convocation and consists of a single part composed of several questions:

- 1.Type test: 4 answer options. The standard penalty system will be 1 wrong subtract 33.3%.
- 2.Short questions: do not subtract if they are wrongly answered.
- 3.Development questions: do not subtract if they are wrongly answered, but they must be completely well answered in order to obtain a score from them.

Completion of a project

Realization and delivery of a group work on the technical-tactical analysis of a team.

Breakdown of % of work:

- 15% for the written paper.
- 15% for the technical-tactical analysis performed (use of a scouting software, e.g. Longomach, etc.).



Oral presentation of individual and/or group work

Presentation of a technical session to the group with the data of the work of the technical-tactical analysis of a team.

Breakdown of % of the work:

- 7% for the exposition of the content
- 3% for the quality of the ICT prepared for the exposition.

Active participation

Presentation of practical sessions in group (management of handball sessions).

Autonomous work

Realization and delivery of handball practical sessions sheets.

The detailed explanation (procedure for the work) as well as the evaluation tools (worksheets or rubrics) of each section will be posted on the platform of each group at the student's disposal.

Learning activities

The following methodologies will be used so that the students can achieve the learning outcomes of the subject:

- | | |
|----|---|
| M2 | Group dynamics and activities. |
| M3 | Practical lesson. |
| M4 | Presentation of content by the teacher. |
| M5 | Laboratory practices. |
| M7 | Small group discussion. |
| M8 | Resolution of problems and cases. |



IN-CLASS LEARNING ACTIVITIES

	LEARNING OUTCOMES	HOURS	ECTS
THEORETICAL CLASS: Presentation of contents by the teacher. Competency analysis. Demonstration of capabilities, skills and knowledge in the classroom. M4	R1, R2, R4, R5	11,80	0,47
PRACTICAL CLASS / SEMINAR: Group dynamics and activities. Resolution of problems and cases. Practical laboratories. Data search, computer room, library, etc. Meaningful construction of knowledge through interaction and student activity. M2, M5, M8	R3, R4, R5	27,40	1,10
TUTORING: Supervision of learning, evolution. Small group discussion. Resolution of problems and cases. Presentation of results before the teacher. Presentation of diagrams and indexes of the proposed works. M4	R1, R2, R4, R5	2,00	0,08
EVALUATION: Set of oral and / or written tests used in the evaluation of the student, including the oral presentation of the final degree project. M2, M3, M8	R1, R2, R3, R4, R5	4,00	0,16
TOTAL		45,20	1,81



LEARNING ACTIVITIES OF AUTONOMOUS WORK

	LEARNING OUTCOMES	HOURS	ECTS
GROUP WORK: Problem solving. Preparation of exercises, memoirs, to expose or deliver in classes and / or in tutoring. M2, M8	R2, R3, R4, R5	20,30	0,81
SELF-EMPLOYED WORK: Study, individual preparation of exercises, works, memories, to expose or deliver in classes and / or in tutoring. Platform activities or other virtual spaces. M8	R1, R2, R3, R4, R5	47,00	1,88
TOTAL		67,30	2,69



Description of the contents

Description of the necessary contents to acquire the learning outcomes.

Theoretical contents:

Content block	Contents
BLOCK 1 - History and regulations of handball	1 - History and regulations of handball
BLOCK 2 - Structural analysis of handball.	2 - Structural analysis of handball.
BLOCK 3 - Didactics of teaching-training	3 - Didactics of teaching-training
BLOCK 4 - Technical-tactical fundamentals of handball	4 - Technical-tactical fundamentals of handball
BLOCK 5 - Strategic situations in handball.	5 - Strategic situations in handball.
BLOCK 6 - Analysis of special situations (scouting)	6 - Analysis of special situations (scouting)



Temporary organization of learning:

Block of content	Number of sessions	Hours
BLOCK 1 - History and regulations of handball	1,00	2,00
BLOCK 2 - Structural analysis of handball.	2,00	4,00
BLOCK 3 - Didactics of teaching-training	7,00	14,00
BLOCK 4 - Technical-tactical fundamentals of handball	8,00	16,00
BLOCK 5 - Strategic situations in handball.	8,00	16,00
BLOCK 6 - Analysis of special situations (scouting)	4,00	8,00



References

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