Study program / study programs: **Recreation**

Type and level of studies: **Basic professional studies**

Course title: Handball

Lecturer or lecturers (for lectures): Zoran J. Valdevit

Lecturer / Associate (for practice): Zoran J. Valdevit, Milan S. Petronijević

Course status: Elective

ECTS: 4

Condition: none

Course objectives:

The objective of the subject is to introduce students to basic characteristics of Handball as a team sport, with its history, development and structure. The second objective is to familiarize students with basic rules of handball game, organization of competitions, as well as with the basic level of handball technique and tactics.

Course outcome:

To obtain competence to apply adopted basic theoretical and practical handball knowledge. The students will be able to: demonstrate practically basic knowledge on handball techniques and tactics, interpret basic handball rules, recognize basic handball tools that may be applied in other sport activities and fitness programs and other physical activities.

Contents description:

Theoretical instruction

History of handball; International rules of handball game; Basic handball techniques and tactics; Fitness in handball; Different forms of handball (Mini handball); Handball competitions and training system

Practical classes:

Basic handball techniques and tactics; Fitness in handball; Different forms of handball (Mini handball)

References:

- 1. Gardašević, B. (2012): Development of handball in Serbia, FSFV, Belgrade.
- 2. Valdevit, Z., Petronijević, M. (2016): Practicum of handball, FSFV, Beograd.
- 3. Tomljanović, V., Malić, Z. (1982): Handball theory and practice, "Sportska tribina", Zagreb

Other classes: No. of active classes Exercises/ Other forms of teaching: Study research Lectures: work: Practical classes: 1 2 Teaching method Theoretical lectures; practical lectures Knowledge assessment (maximum score 100) Exam prerequisites points **Final examination** points **Class** Activities 10 Written examination Practical instruction 15 Practical examination Preliminary exam / Colloquium 20 Oral examination 45 Seminar papers 10