

Title:	THEORY AND METHODOLOGY OF BASKETBALL
Lecture hours:	30h practical 15h theoretical
Study period: (summer/winter)	summer/winter
Number of credits:	4 ECTS
Assessment methods:	practical performances selected basketball techniques, passes theoretical examination,
Language of instruction:	English
Prerequisites:	Knowledge about of sport performance, basic knowledge about team sports and voice emission
Course content:	<p>Theory and methodology of basketball:</p> <ul style="list-style-type: none"> • how the practice of basketball, • mini-basketball , • junior basketball, • development of the • basketball skills of the young player, • training sessions • basketball games, • organisation of training sessions, • principal characteristics of a training session, • working rules in basketball <p>Planning team's activities:</p> <ul style="list-style-type: none"> • how to organise the team, • what working periods to bear in mind throughout the season, • most appropriate goals, • how to choose the most important contents, • how to correctly control the physical and psychological workload of the activities, • how to focus games according to the age of the players, • how to schedule the activities.
Learning outcomes:	<p>Course, provides a learning experience about:</p> <ul style="list-style-type: none"> ○ organization of training session, ○ knowledge how to correctly control the physical and psychological workload in basketball, ○ coaching and refereeing during basketball match, ○ knowledge about methodological contents and aspects of young basketball players coaching.
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Literature:	<ol style="list-style-type: none"> 1. Arkko PJ, Pakarinen AJ, Kari-Koskinen O. Effects of Whole-body Massage on Serum Protein, Electrolyte and Hormone Concentrations, Enzyme Activities and Hematological Parameters. Int J Sports Med. 1983;4:265-267. 2. Ashton J. Holistic Health: In Your Hands. Nurs. Times 1984;80:54. 3. Cyriax J. Textbook of Orthopaedic Medicine. Vol 2, Treatment by Manipulation, Massage and Injection. 11th ed. 1984. 4. Danneskiold-Samsoe B, Christianson E, Anderson RB. Myofascial Pain and the Role of Myoglobin. Scand. J. Rheumatol. (Stockholm). 1986;15:174-178. 5. Degood D. Effect of Massage Therapy and Post-Surgical Outcomes. (Unpublished)

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