

UMBC UGC New Course Request: PHED 103 Team Handball

Date Submitted: 3/24/15

Proposed Effective Date: Spring 2016

	Name	Email	Phone	Dept
Dept Chair or UPD	Thomas Maier	maier@umbc.edu	X55883	PHED
Other Contact	Gary Wohlstetter	wohlstet@umbc.edu	X52638	REC

COURSE INFORMATION:

Course Number(s)	PHED 103 Section 01
Formal Title	Team Handball
Transcript Title (≤30c)	PHED 101 Team Handball
Recommended Course Preparation	None
Prerequisite NOTE: Unless otherwise indicated, a prerequisite is assumed to be passed with a "D" or better.	None
Credits	1.5
Repeatable?	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Max. Total Credits	3.0 <small>This should be equal to the number of credits for courses that cannot be repeated for credit. For courses that may be repeated for credit, enter the maximum total number of credits a student can receive from this course. E.g., enter 6 credits for a 3 credit course that may be taken a second time for credit, but not for a third time. Please note that this does NOT refer to how many times a class may be retaken for a higher grade.</small>
Grading Method(s)	<input type="checkbox"/> Reg (A-F) <input type="checkbox"/> Audit <input checked="" type="checkbox"/> Pass-Fail

PROPOSED CATALOG DESCRIPTION (no longer than 75 words):

This course is 1.5 credit hours. It is designed to teach individual passing, dribbling and defending skills as well as team play in the sport of team handball. Students will learn skills and strategies as well as playing the game of team handball. Course is pass/fail.

RATIONALE FOR NEW COURSE: This course is needed to give students additional opportunities for fulfillment of the UMBC physical education requirement. It will be taught once a year during the spring semester. The course will fit our team and individual sport curriculum. This offering will serve students wishing to enroll in a non-traditional team sport. The course is offered at the 100 level as are all PHED classes. This course has no prerequisites as the vast majority of PHED offerings do not. All PHED courses are pass/fail. All PHED 100 level courses in the team sport category are repeatable.

ATTACH COURSE OUTLINE (mandatory):

Team Handball PHED 103 Section 01
Credits: 1.5

Course Description: This course is designed to introduce the basic skills of the sport of team handball. Students will also be provided the opportunity to gain knowledge, enhance psychomotor skills and improve the cardiovascular system through drills, mini and formal handball games.

Competencies/Objectives:

Upon completion of this course the student should be able to:

1. Demonstrate knowledge of the specific skills, tactics, etiquette, rules, and culture necessary to successfully engage in team handball (evaluated through drill work)
2. Demonstrate competency in the skills and /or tactics needed to successfully perform in team handball
3. Demonstrate team play concepts and strategies in mini-game play.

4. Demonstrate knowledge of history rules, safety and performance techniques in the sport of team handball.(knowledge test)
5. Demonstrate fitness level to fully participate in a game of team handball
6. Enjoy social interaction during physical activity.

Evaluation:

Attendance and class participation 80%.
Team handball knowledge test 20 %

Required Equipment:

Students must wear apparel appropriate for physical activity including sneakers

Course Format:

Oral presentation, general & specific warm-up, review drills, daily topic ,games, cool down and questions and answers.

Policies and Procedures:

Attending class regularly and punctuality are expected and required. No more than two unexcused absences are allowed. Students are expected to be actively engaged in all class functions.

Medical Concerns:

If a student has any medical problem or limitations that would affect their performance in class, they should notify the instructor of such at the beginning of the semester or when the situation arises. Any injury regardless of severity must be reported to the instructor.

Course Content:

Unit I

Orientation, introduction, warm-up and ball gymnastics

The general & specific warm-up for team handball. Ball handling, holding the ball, catching the ball, catching frontal, lateral, & ground balls. Ball control, set pass, bounce pass, close hand-off pass ,hook pass, jump pass, behind the shoulder pass, and wrist pass.

Combination drills, dribble pass & shots. Match related (lead-up) drills and games: "Keep Away", Ten passes. "Ten Passes in Zone."

Unit II

Combination drills: dribble, passes & shots. Match related games. "Continuous Touch-Ball, End line Handball, "Target Ball

Unit III

Defensive Formations: 4-2 and 6-0. Goalkeeping techniques

Basic game strategies :basic position basic offensive and defensive strategies

Fastbreak and secondary fastbreak. The 3-3 & 2-4 attacks

Advanced Defensive Strategies: The goalie—

Introduction: Defensive Formations: 5-1:3-2-1: 5+1 and rules

Unit IV

Offensive Tactical Procedures: support points, crosses, screens, picks and pick & roll, swim move, specific offensive systems (3-3 & 2-4)

Unit V

Combining systems 3-3 & 4-2, skills testing in game conditions

Grading:

Pass/Fail

Text:

None. Handout on team handball rules and strategies. History assignment (internet)