

Course Unit	Team Sports II	Field of study	Sport Sciences
Bachelor in	Sports - Minor in Recreation and Leisure	School	School of Education
Academic Year	2023/2024	Year of study	2
Type	Semestral	Semester	1
Workload (hours)	216	Contact hours	T - 10 TP 10 PL 80 TC - S - E - OT - O -
Level	1-2	ECTS credits	8.0
Code	9563-625-2101-00-23		

T - Lectures; TP - Lectures and problem-solving; PL - Problem-solving, project or laboratory; TC - Fieldwork; S - Seminar; E - Placement; OT - Tutorial; O - Other

Name(s) of lecturer(s) Pedro Miguel Monteiro Rodrigues

### Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:

1. Shows understanding of the main characteristics and origin of the details of program content; Applies the regulations of specific modalities.
2. Satisfactorily performs the gestures of fundamental technical details of program content; Shows the knowledge and application of the specific language of the modalities.
3. Fits the tactical principles of the sport to the game situation; Expresses the fundamental perceptual-motor skills related to the modalities addressed.
4. Shows ability to analyze the different game levels, involved in teaching volleyball and handball; know how to approach the volleyball and handball (education in stages).
5. Cooperate and work in group to develop methodological sequence for teaching volleyball and handball.
6. Collects, selects and interprets detailed additional information about the techniques discussed.

### Prerequisites

Not applicable

### Course contents

Volleyball: The game of volleyball; Fundamentals of Technical Individual; Tactical principals of the game of volleyball; Teaching of Volleyball. Handball: Levels of play; Teaching methodology; The activities and techniques of teaching; Forms of collective organization; Physical and motor capabilities; The handball within the animation school. Individual technique (Technical individual offensive without ball, Individual defensive technique); Technique of the goalkeeper; Game stages.

### Course contents (extended version)

1. Volleyball
  - Objectives and philosophy of the game
  - Characterization of the game
  - Historical perspective of sport
  - Regulation of sport
2. Fundaments of the individual technique
  - Base position
  - Displacements
  - Pass from the distributor
  - Pass from the non distributor player
  - Reception
  - Serve (underhand serve; overhand serve)
  - Attack (remate type tennis; amortie)
  - Block
  - Lower defense (general principles of defense; actors; determinants)
  - Perceptual-motor requirements (specific attitude; trajectories; pre-dynamism; anticipation)
3. Tactical fundamentals of volleyball game
  - Conceptual definition and terminological
  - Tactics
  - Game systems
  - Attack game systems
  - Defense game systems
4. Teaching of volleyball
  - Features of the volleyball game
  - The volleyball game while team sports (specificity; educational-formative contribution)
  - Teaching volleyball (difficulties involved in their learning; educational role of the game)
  - Methodological proposal for the teaching of volleyball
  - Play level identification (static; anarchic; 3 passes rudimentary, 3 passes elaborated)
  - Teaching through stages of learning (educational-methodological justification, exercises selection)
5. Handball
  - Characterization of the game
  - Historical perspective of sport
  - Regulation of sport
6. Fundaments of the individual technique
  - Ball manipulation
  - Drible
  - Pass
  - Reception
  - Shot
7. Tactical fundamentals of volleyball game
  - Tactics
  - Game Structures
  - Forms of collective organization
  - Tactical group means
8. Handball Didactics
  - Teaching models of Collective Sports Games
  - Levels of the game
  - Pre-Game Sports
  - Mini-Handball

### Recommended reading

1. Gonçalves, J. (2009). Voleibol - Ensinar jogando. Lisboa: Livros Horizonte

**Recommended reading**

2. Tavares, F. (ed) (2013). Jogos Desportivos Coletivos. Porto: FADEUP (ed. )
3. Coaches Manual (2011). Fédération Internationale de Volleyball.
4. Estriga, L. & Moreira, I. (2014). Ensino do Andebol na Escola. Porto: FADEUP (ed. )
5. International Handball Federation (2010). Rules of the game.

**Teaching and learning methods**

Theoretical-practical classes; Research with mentoring; Field classes.

**Assessment methods**

1. Continuous evaluation - (Regular, Student Worker) (Final)
  - Intermediate Written Test - 25%
  - Practical Work - 75%
2. Exam evaluation - (Regular, Student Worker) (Supplementary, Special)
  - Final Written Exam - 25% (Historical perspective, technical and tactical contents.)
  - Presentations - 75% (Classification obtained in the practical component of the assessment of frequency.)

**Language of instruction**

Portuguese

**Electronic validation**

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25-02-2024	26-02-2024	26-02-2024	27-02-2024