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| 1. Course title: **Theory and practice of sport I. (basketball)** | | | | | |
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| 2. Code: | | 3. Type (lecture, practice etc.): lecture + practice | | | |
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| 4. Contact hours: 2 + 4 hoursper week | | 5. Number of credits (ECTS): 6 | | | |
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| 6. Preliminary conditions (max. 3): | | | | | |
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| 7. Announced:fall semester, spring semester, both | | | | | |
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| 8. Limit for participants: | | | | | |
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| 10. Responsible teacher (faculty, institute and department):Balázs Meszler | | | | | |
| **Balázs Meszler** | | | | |
| 11. Teacher(s) and percentage: | | Balázs Meszler | | 30% | |
| Olivér Juhász | | 30% | |
| Tamás Téczely | | 10% | |
| Contrybutory teachers, coaches | | 30% | |
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| 12. Language:English | | | | | |
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| 13. Course objectives and/or learning outcomes:  Theory and practice of sport is a practical and theoreticaly course for foreign students in sport coaching programme. The main object is to describe the theory and practice of modern basketball. It discusses the history of basketball, specific terms and expressions, the rules of the game, the sport’s technical and strategic principles and practical aspects, athletic development, anatomical and psychological background of coaching basketball. It gives an overview of game management, coaching and referee basics. It also describes the organization and the specifics preparation of school basketball teams. | | | | | |
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| 14. Course outline  **Theory (2 hours/week)**  History and origin of basketball  The development of basketball rules, rules of the modern basketball  Positions of a basketball player  Functions and roles of a basketball coach  Tactical drawings in basketball  Fair play in basketball  Wheelchair basketball  The development of a basketball coach  Mini basketball  **Practice (4 hours/week)**  Preparation phase of mini basketball (play and fun)  Athletics in basketball  Gymnastics in basketball  Testing in mini basketball  Technical elements of mini basketball  Basic principals of mini basketball  Officiating in mini basketball  Basics of basketball officiating | | | | | |
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| 15. Mid-semester works  Attending lectures is highly recommended. | | | | | |
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| 16. Course requirements and grading  a./ Practical drills (2): 35%  b./ Submitted papers (2): 30%  c./ Written exams (2): 35%  Grades:  0–50% fail  51–65% acceptable  66–75% average  76–90% good  91–100% excellent | | | | | |
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| 17. List of readings   1. Bompa TO, Carrera M. Conditioning Young Athletes. Human Kinetics, 2015. 2. Cole B, Panariello R. Basketball Anatomy. Human Kinetics, 2016. 3. Santana JC. Functional Training. Human Kinetics, 2016. 4. Gambetta V. Athletic Development. Human Kinetics, 2007. 5. Bompa T, Buzzichelli CA. Periodization Training For Sports, 2015. 6. Coaches Manual – Level 1. World Associaton of Basketball Coaches, 2016. 7. Coaches Manual – Level 2. World Associaton of Basketball Coaches, 2016. 8. Coaches Manual – Level 3. World Associaton of Basketball Coaches, 2016. 9. Coaches Manual – Mini Basketball. World Associaton of Basketball Coaches, 2016. 10. Beim G, Winter R. The Female Athletes Body Book. Contemporary Books, 2003. 11. FIBA Official Basketball Rules 2014. International Basketball Federation, Switzerland, Mies,2014 | | | | | |
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| 18. Recommended texts, further readings   1. Nelson LM, Logan R. USA Basketball Youth Development Guidebook. USA Basketball, 2014. 2. Wissel H. Basketball, Steps to Success. Human Kinetics, 2012. 3. Liebermann N. Basketball for Women. Human Kinetics, 2012. 4. Krause JV, Meyer D, Meyer J. Basketball Skills & Drills, 2008. 5. Hopla D. Better Basketball Shooting. Human Kinetics, 2013. 6. Wooten M, Wooten J. Coaching Basketball Successfully. Human Kinetics, 2013. 7. Gandolfi G. The Complete Book of Offensive Basketball Drills. McGraw-Hill, 2010. 8. Paye B, Paye P. Youth Basketball Drills. Human Kinetics, 2013. 9. Rose L. Winning Basketball Fundamentals. Human Kinetics, 2013. | | | | | |
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| **Date** | 05/05/2017 | **Prepared by** | Balázs Meszler | | |
| responsible teacher | | |
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| **Endorsed by** | | | Dr. Márk Váczi | | |
| program supervisor | | |