

**COURSE DATA****DATA SUBJECT****Code:** 33213**Name:** Handball**Cycle:** Undergraduate Studies**ECTS Credits:** 6**Academic year:** 2026-27**STUDY (S)**

Degree	Center	Acad. year	Period
1312 - Degree in Physical Activity and Sport Sciences	Facultat de Ciències de l'Activitat Física i Esports	2	First quarter, Second quarter
1331 - Degree in Physical Activity and Sport Sciences (Ont)	Facultat de Ciències de l'Activitat Física i Esports	2	Second quarter

**SUBJECT-MATTER**

Degree	Subject-matter	Character
1312 - Degree in Physical Activity and Sport Sciences	Foundations of team sports	COMPULSORY
1331 - Degree in Physical Activity and Sport Sciences (Ont)	Fundamentos de los Deportes Colectivos	COMPULSORY

**COORDINATION**

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**SUMMARY**

The subject handball has a teaching load of 6 ECTS credits, is part of the module basics of team sports, with basketball and football subjects, and is taught in the second year of the degree of Physical Activity Sport Sciences.

This is a practical subject that aims to develop in students the ability to evaluate and use the handball as an educational activity, based on the knowledge and analysis of its structure and educational foundations, as well as the domain and knowledge at a basic level of technical and tactical means. It also aims to develop lifelong learning skills and critical attitude and the adequate practice of handball.

The contents of the subject are based on five major blocks. The first block corresponds to a conceptual



introduction to the sport in which its history, rules, structure, models and initiation methodologies are analyzed. In the second block the individual technical tactical media are analyzed. In the third block the collective tactical means. In the fourth block, the most common game systems are explained, from initiation to high performance. Finally, the fifth block synthesizes the application of other specialties to the field of handball such as physical preparation, nutrition, research and psychology.

The content development is done following a model of sport initiation, so that students discover in practice how the different components of the handball game are introduced in combination and sequentially.

## PREVIOUS KNOWLEDGE

### RELATIONSHIP TO OTHER SUBJECTS OF THE SAME DEGREE

There are no specified enrollment restrictions with other subjects of the curriculum.

### OTHER REQUIREMENTS

The theoretical and practical contents of this course offer the student the opportunity to acquire both practical and theoretical knowledge, not requiring any specific requirement, regardless of the minimum academic training, to pursue these university studies. However, it is recommended that students possess: the basic skills of this sport, willingness to work in teams and mastery of basic computer tools.

## COMPETENCES / LEARNING OUTCOMES

### 1312 - Degree in Physical Activity and Sport Sciences

Apply the principles of fundamental rights, gender equality, equal opportunities, universal accessibility for people with disabilities, solidarity, environmental protection, the culture of peace and democratic values.

Apply the principles of fundamental rights, gender equality, equal opportunities, universal accessibility for people with disabilities, the culture of peace and democratic values.

Apply the strategic tactical fundamentals of team play in collective sports (football, basketball and handball).

Design, implement and evaluate the teaching and learning processes of collective sports (football, basketball and handball).

Design, implement and evaluate the teaching-learning processes related to physical activity and sport, paying attention to the individual, collective and contextual characteristics of people.

Integrate collective sports (football, basketball and handball) as an educational means in the school stages.

Know and understand the common characteristics of collective sports (football, basketball and handball).

Know and understand the fundamentals, structures and functions of human motor skills and movement patterns.



Know and understand the fundamentals of game play and sport.

Master the specific gestural motor development in collective sports (football) in the theoretical-practical aspects of the game in attack and defence.

Plan, implement and evaluate the motor skills training process at its different levels and practice environments.

Select and know how to develop sports material and equipment suitable for each type of collective sport.

### **1331 - Degree in Physical Activity and Sport Sciences (Ont)**

Apply the principles of fundamental rights, gender equality, equal opportunities, universal accessibility for people with disabilities, solidarity, environmental protection, the culture of peace and democratic values.

Apply the principles of fundamental rights, gender equality, equal opportunities, universal accessibility for people with disabilities, the culture of peace and democratic values.

Apply the strategic tactical fundamentals of team play in collective sports (football, basketball and handball).

Design, implement and evaluate the teaching and learning processes of collective sports (football, basketball and handball).

Design, implement and evaluate the teaching-learning processes related to physical activity and sport, paying attention to the individual, collective and contextual characteristics of people.

Integrate collective sports (football, basketball and handball) as an educational means in the school stages.

Know and understand the common characteristics of collective sports (football, basketball and handball).

Know and understand the fundamentals, structures and functions of human motor skills and movement patterns.

Know and understand the fundamentals of game play and sport.

Master the specific gestural motor development in collective sports (football) in the theoretical-practical aspects of the game in attack and defence.

Plan, implement and evaluate the motor skills training process at its different levels and practice environments.

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## **DESCRIPTION OF CONTENTS**



## 1. Conceptualization and teaching of handball

1. Conceptual approach and didactic bases of handball.
2. Handball: history and regulation.

## 2. Teaching of individual means in handball initiation

3. The base position, the displacements and the grip-handling of the ball. The uncheck, pass and reception. The marking and interception.
4. The displacements in possession of the ball: the cycle of steps and the boat. The dispossession of the ball. The feint and the control of the attacker with the ball.
5. The shot on goal, the blocking and the actions of the goalkeeper. Collaboration defender-goalkeeper.

## 3. The teaching of collective tactics in the initiation to handball.

6. Simple tactical means: Circulation of the ball and circulation of players. Tipping and dubbing.
7. The basic tactical means: Pass and go, crossing and successive penetrations. Defense of the pass and go. Sliding and change of opponent. Swap, lock, screen and curtain. Counter-blocking.

## 4. Teaching game systems in handball initiation.

8. The individual defense and its attack.
9. Open zonal defensive systems: the defense in two lines and its attack. The counterattack and its defense.
10. Closed zoned defensive systems: defense 5: 1 and 6: 0. The attack 3: 3 and The counterattack and its defense . Mixed defensive systems: defense 5 +1 and its attack.

## WORKLOAD

### PRESENCIAL ACTIVITIES

Activity	Hours
Classroom practices	60,00
<b>Total hours</b>	<b>60,00</b>

### NON PRESENCIAL ACTIVITIES

Activity	Hours
Attendance at other activities	2,00
Individual or group project	35,00
Independent study and work	25,00
Preparation of lessons	8,00
Preparation for assessment activities	15,00
Resolution of case studies	5,00



## TEACHING METHODOLOGY

Two practical lessons of 120 minutes each week. Students should assist and actively participate at least to the 80% of lessons. Moreover students will have to present one group and several individual assignments.

We will use a reflexive methodology, characterized by playing in the court and group discussions from action. Moreover students could expose the assignments.

The teaching staff may consider or suggest carrying out an internship or external activity linked to the contents of the subject, provided that it is covered by insurance.

## EVALUATION

### 1. CONTINUOUS EVALUATION

*The evaluation of the subject will be continuous. Teachers will require different works and tasks to favour the acquisition of the contents of the subject.*

*The assistance and active participation to the sessions will be necessary for the acquisition of the basic competences.*

***In order to opt for continuous evaluation, it will be necessary to actively participate in 80% of all sessions.***

*In case of injury/illness, provided that it is properly justified (medical justification), the teacher will assign complementary tasks that the student must perform throughout the session. There will be no other type of exemption to sessions (work, non -university competitions, etc.). Likewise, the delay and/or absence before the end of the sessions will be treated as unjustified offenses.*

#### **A) Theoretical exam: 30%.**

*Before finishing the four -month period, students must perform a written test with questions related to the contents of the subject.*

#### **B) Practices: 30%.**

*It will correspond to the weighted average of the notes obtained in practical activities and exercises (carried out both in the classroom and in the sports facilities) that will be carried out throughout the four -month period. This continuous evaluation activity will be not recoverable due to its nature, since the design of a test that assess the acquisition of learning results in the second call is not possible.*



**C) Group work: 20%.**

*This work will be done in a group and must be delivered in the established form and date. Those works/tasks that do not meet this requirement will be valued with 0.*

**D) Individual work: 20%.**

*This work will be done individually and must be delivered in the established form and date. Those works that do not meet this requirement will be valued with 0.*

**\*Voluntary work and/or extra training:** up to 10% additional.

*Students who want to perform voluntary work and/or carry out a hand-related training or activity, must previously consult the teacher.*

**The final note in the CONTINUOUS EVALUATION will result from the weighted average of sections A, B, C and D. In addition, it will be an indispensable requirement to obtain a rating of 5 or more in section A and B to approve the subject, until the two Calls. When a student has obtained a rating equal to or greater than 5 in a section, he cannot be evaluated again of that same section in another call. In case of suspending, the notes of any section are not saved for upcoming courses.**

## **2. Final evaluation**

*This type of evaluation is reserved for that students who have not attended 80% of the sessions of the subject.*

**A) Works (40%)**

*Students will have to do a job for each of the practical contents not completed in the practical sessions.*

*Students should contact the teaching staff (by email or through the virtual classroom) at least 60 calendar days before the exam date, so that you are informed about what works you should present to overcome this section.*

*All work required by teachers must be delivered in the established form and date. Those works that do not meet this requirement will be valued with 0.*

**B) Theoretical-practical test (60%)**

*The theoretical-practical proof will consist of a written exam on the contents of the subject (both notes*



*provided by the teaching staff and the bibliography cited in this guide must be considered).*

**The final note in the FINAL EVALUATION will result from the weighted average of sections A and B. In addition, it will be an indispensable requirement to obtain a rating of 5 or more in each of the sections to approve the subject, until the two calls are exhausted. When a student has obtained a rating equal to or greater than 5 in a section, he cannot be evaluated again of that same section in another call. In case of suspending, the notes of any section are not saved for upcoming courses.**

**Plagiarism:**

*If a student presents a plagiarized work, he will be qualified with a 0. Teachers will use plagiarism software. Likewise, if teachers find indications of use of the chatgpt or other artificial intelligences, it will study the case and said work may be qualified with a 0.*

*"The literal, total or partial copy of foreign works and present them as their own is considered unacceptable behavior in the academic field. On the other hand, and by the Intellectual Protection Law, the total or partial reproductions of the works of others are usually prohibited, and its breach can lead to the corresponding faults or criminal crimes."*

## REFERENCES

### Basic references

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### Complementary references

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- <http://www.ihf.info/> Federación Internacional de Balonmano (IHF)