



COURSE DATA

DATA SUBJECT

Code: 33233
Name: Specific applications for basketball training
Cycle: Undergraduate Studies
ECTS Credits: 6
Academic year: 2025-26

STUDY (S)

| Degree | Center | Acad. year | Period |
|---|--|------------|---------------|
| 1312 - Degree in Physical Activity and Sport Sciences | Facultat de Ciències de l'Activitat Física i Esports | 4 | First quarter |
| 1331 - Degree in Physical Activity and Sport Sciences (Ont) | Facultat de Ciències de l'Activitat Física i Esports | 4 | First quarter |

SUBJECT-MATTER

| Degree | Subject-matter | Character |
|---|---|-----------|
| 1312 - Degree in Physical Activity and Sport Sciences | Applications for basketball training | ELECTIVES |
| 1331 - Degree in Physical Activity and Sport Sciences (Ont) | Aplicación específica en el entrenamiento en Baloncesto | ELECTIVES |

COORDINATION

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SUMMARY

The aim of the subject "Specific application for basketball training" is to provide future graduates in Physical Activity and Sports Science with advanced knowledge of basketball in order to be able to develop their professional activity in the specialisation and high-performance stages.

This optional subject continues with the line started in the first year of the degree with the compulsory subject "Basketball", which provides students with a previous background to be able to tackle this subject with guarantees.

Thus, the subject "Specific application for basketball training" will offer students a complete and specialised training, both theoretical and practical, on advanced technical-tactical skills, the construction of offensive and defensive game, training, game observation (scouting), team management, and match management, in basketball at specialisation and high-performance stages.



PREVIOUS KNOWLEDGE

RELATIONSHIP TO OTHER SUBJECTS OF THE SAME DEGREE

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

OTHER REQUIREMENTS

Since the subject "Basketball" (first year) is compulsory, it is assumed that students already have the basic theoretical and practical background necessary to be able to develop this subject with guarantees. However, due to the nature of the tasks that will be required throughout the course, it is recommended that students have a basic knowledge of office automation (word processing, spreadsheets, etc.) and video editing.

COMPETENCES / LEARNING OUTCOMES

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Aplicar los principios del entrenamiento al baloncesto.

Apply information and communication technologies (ICT) to the field of sports training.

Apply physiological, biomechanical, behavioural and social principles to the different fields of physical activity and sport.

Develop habits of professional excellence and quality.

Develop leadership, interpersonal and teamwork skills.

Diseña desarrollar y evaluar los procesos de los deportes colectivos atendiendo las características individuales, grupales y colectivas.

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

DESCRIPTION OF CONTENTS

1. Player training in the specialisation stage.

- 1.1. Basketball analysis at the specialisation stage.
- 1.2. Technification of offensive skills.
- 1.3. Technification of defensive skills.
- 1.4. Sports talent.



2. Team management in the specialisation stage.

- 2.1. Team management.
- 2.2. Match and competition management.
- 2.3. Scouting: game observation.
- 2.4. Club management and direction.
- 2.5. Organisation and management of basketball competitions.

3. Basketball training.

- 3.1. Basketball training planning.
- 3.2. Management of the session in the specialisation stage.
- 3.3. Injury prevention.
- 3.4. Assessment of the integral progression of the player.

4. Attack and defence tactics in the specialisation stage.

- 4.1. Dynamic game.
- 4.2. Positional game.
- 4.3. Space game.
- 4.4. Special situations.

WORKLOAD

PRESENCIAL ACTIVITIES

| Activity | Hours |
|---------------------|--------------|
| Theory | 30,00 |
| Classroom practices | 30,00 |
| Total hours | 60,00 |

NON PRESENCIAL ACTIVITIES

| Activity | Hours |
|---------------------------------------|--------------|
| Attendance at other activities | 4,00 |
| Individual or group project | 30,00 |
| Independent study and work | 30,00 |
| Preparation of lessons | 9,00 |
| Preparation for assessment activities | 12,00 |
| Resolution of case studies | 5,00 |
| Total hours | 90,00 |

TEACHING METHODOLOGY



The development of the subject is structured around two weekly theoretical-practical sessions, each lasting two hours, over one semester.

The sessions will be dedicated to the development of the theoretical-practical contents of this teaching guide both in the classroom and on the court.

Students will have the opportunity to present their work to their peers, supported by the use of necessary audiovisual aids, which will be discussed and analysed by the whole class group.

Additionally, students will be asked to submit, in a timely manner, several assignments related to the course contents with the aim of expanding the acquired competencies.

There is also the possibility of carrying out activities outside the centre with the aim of improving the students' theoretical and practical skills is also considered. These activities will take place during the subject's regular schedule, and if they are held at a different time, they will not be mandatory.

It is worth highlighting the importance of active student participation in the teaching-learning process during the course development, with students being the main protagonists both in the classroom and on the court.

EVALUATION

1. CONTINUOUS ASSESSMENT

The assessment of the subject will be continuous. Throughout course, the teaching staff will require different assignments and tasks in order to favour the acquisition of the contents of the subject.

Attendance and active participation in the sessions will be necessary for the acquisition of the basic competences.

In order to be eligible for continuous assessment it will be necessary to actively participate in 80% of all sessions.

In case of injury/illness, as long as it is duly justified (medical justification), the teacher will assign complementary tasks that the student will have to carry out during the session. There will be no other type of exemption from the sessions (work, non-university competitions, etc.). Likewise, lateness and/or absence before the end of the sessions will be treated as unjustified absences.

The final mark in the CONTINUOUS ASSESSMENT will be the weighted average of sections A and B. In addition, it will be an essential requirement to obtain a mark of 5 or more in each of the sections in order to



pass the course, until the two examinations have been completed. When a student has obtained a mark equal to or higher than 5 in a section, he/she may not be assessed again in the same section in another examination. In case of failure, the marks of any section will not be kept for future courses.

A) Tasks and assignments (30%).

The mark in this section will result from the weighted average of the different assignments and tasks required by the teaching staff.

All assignments and tasks required by the teaching staff must be submitted in the established form and on the established date. Those tasks/assignments that do not comply with this requirement will be marked with a 0.

If a student submits a plagiarised work, he/she will be assessed with a 0 in the whole section A, regardless of whether he/she has submitted other original works. The teaching staff will use plagiarism detection software. Likewise, if the teaching staff finds signs of use of ChatGPT or other artificial intelligences, he/she will study the case and the student may be assessed with a 0 in the whole section A, regardless of whether he/she has submitted other original work.

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C) Theory exam/s (70%).

The mark in this section will be the result of the weighted average of the different theory exams carried out throughout the four-month period, related to the contents of the subject.

*** Extra training (up to 1 additional point)**

With the aim of promoting the complementary training of students, those students who wish to do so may propose and participate voluntarily in training activities related to basketball. These activities may add up to 1 additional point to the final mark for the subject. Attendance at conferences, seminars, and/or workshops related to the subject, such as the Conference promoted by the Teaching Unit of Training and High Performance, will be taken into account in the final mark of the subject, potentially adding up to 1 point. The specific value for attending conferences, seminars, and/or workshops will be determined by the teaching staff and will be communicated to the students with sufficient notice.



IMPORTANT: for an activity to be considered as extra training, it must be presented to the teaching staff before it is carried out, who will determine whether it can be considered as extra training, as well as the additional value (mark) that it would entail. Furthermore, no activity carried out after the last day of class can be presented.

2. FINAL ASSESSMENT.

This type of assessment is reserved for those students who have not attended 80% of the sessions of the course.

The final grade in the FINAL ASSESSMENT will be entirely determined by the score obtained in the theoretical-practical exam.

Theoretical-practical exam (100%).

The theoretical-practical exam will consist of a written exam covering both the theoretical and practical contents of the course. In order to pass the exam, students must obtain a minimum score of 5 out of 10 in each of the two parts of the exam: the part corresponding to the theoretical content and the part corresponding to the practical content. Each of these parts will account for 50% of the final exam grade. Both the lecture notes provided by the teaching staff and the bibliography cited in this guide should be taken into account.

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