Syllabus / Course Outline

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| **Course Name: Handball**  |
| **Course Code: HPED 112 A** | **Course Type: Elective** | **Course Credits: 1 hr.** |
| **Class Timings: 10:00-11:00****Tuesday, Thursday**  | **Section: A** | **Student Meeting Hours/ Office Hours: 10:00 -12:00 Monday to Friday** |
| **Instructor Name: Sadia Abdul Khaliq** |
| **A Note from the Instructor:**HPED 112 A in this course through which you will get to know different Handball basic skills like Passing, Throwing, Dribbling, Shooting, Catching, Jumping, Saving and Attacking Skills, Defense Skill, Goal Keeping Skills and many more skills related to Handball as well as you will learn Basic Rules of Handball like Handball ground specifications and how to officiate Handball match etc.Students will learn a sense of preparedness for the future. Students develop self-discipline, motivation, and leadership skill that they will need to succeed in building a purposeful life. Always give instructions positively. While given instruction be clear and concise. Show athletes the correct techniques (demonstrate) reinforce efforts and progress. Student can improve cardiovascular health, Help manage weight, Low risk of heart disease stroke and diabetes. Enhance aerobic fitness improve muscular strength and endurance. Improve joints flexibilities and range of motion, stress relief. |
| **Instructor Contact Details****Email:** sadiakhaliq@fccollege.edu.pk**Mobile:** 0342-5550471, 0332-5550471**Office Hours (face to face and/ or online):** 10:00 to 12:00, Monday to FridayGuidelines for contacting instructor: |
| **Course Description**:Pre-requisites: (Students must be physically and medically fit).Handball is a team sport consisting of 14 total players on the court, who must pass and dribble a ball up the court to score in the opposition's goal. Handball is played on a 40mx20m court with 3mx2m goals at each end, surrounded by a D-shaped area called the goal area. The goal area is six metres from the goal and only the goalkeeper can enter it. However, players may jump into this area when attempting a shot but must release the ball before landing. If a player jumps into the area without shooting the ball, possession is awarded to the opponent. |
| **Main Mode of Instruction:** *(Moodle, Zoom, Practical on field, class, WhatsApp group)***Technology Requirements**:*Handball Ground and Handball Equipment’s / AV-aids* |
| **Course Objectives/ students learning outline (SLOs):**1. The objective of this course is to promote Handball game among the students and equip them with necessary skill (Passing, Throwing, Dribbling, Shooting, Catching, Jumping, Saving, Attacking Skills, Defense Skill, Goal Keeping Skills) and also knowledge of Handball.
2. The students will also be introduced to How to Pass, How to Catch, How to Throw, How to Defense, how to Attack and How to Goal.
3. The objective of this course is to inculcate the skills of Handball to equip them with the necessary rules and techniques.
4. The students will also be furnished with good gaming and winning techniques of the game.
5. Explain the competition rules that govern Handball.
6. Demonstrate the perfection of basic skills of Handball.
7. Explain the basic movement and output of human body during the game.
8. Improve Mental and Physical fitness.
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**Course Content, Learning Material & Activities Schedule**

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| **Wk**  | **Topic/ Title**  | [**Teaching-Learning Activities: Replacing Traditional Modalities With Remote Options**](https://docs.google.com/document/d/1jY2UWb3QuOogkiSMdPvZd33eKe2kRpfzsTm2LSrnLko/edit#heading=h.4dy4q49omahn)  |
| **Synchronous****(Simultaneously conducted)** | **Asynchronous** |
| In-Person | Online | Off-campus and offline |
| 1 | Importance of physical fitness to long-term health.  | Practical on field | Moodle  | Moodle |
| Physical fitness and Importanceof Warm up/ cool down. | Practical on field | Moodle  | Moodle |
| 2 | Handball ground specification | Practical on field | Moodle  | Moodle |
| General Rules of the game | Practical on field | Moodle  | Moodle |
| 3 | Ball Passing | Practical on field | Moodle  | Moodle |
| Ball Catching  | Practical on field | Moodle  | Moodle |
| 4 | Ball Dribbling | Practical on field | Moodle  | Moodle |
| Ball Throwing | Practical on field | Moodle  | Moodle |
| 5 | Ball Shooting | Practical on field | Moodle  | Moodle |
| Jumping and saving | Practical on field | Moodle  | Moodle |
| 6 | Faking Skills(Pass Faking, Shoot Faking & Body Faking) | Practical on field | Moodle  | Moodle |
| Fast Break Drills(Simple Fast Break, Extent Fast Break & Complete Fast Break)  | Practical on field | Moodle  | Moodle |
| 7 | Site Stepping Drills | Practical on field | Moodle  | Moodle |
| Marking Man to Man Drills | Practical on field | Moodle  | Moodle |
| 8 | Individual Defense Skills | Practical on field | Moodle  | Moodle |
| Offense Skills | Practical on field | Moodle  | Moodle |
| 9 | Attacking Skills | Practical on field | Moodle  | Moodle |
| Goal Keeping Skills | Practical on field | Moodle  | Moodle |
| 10 | Team Defense Skills | Practical on field | Moodle  | Moodle |
| Match Practice | Practical on field | Moodle  | Moodle |
| 11 | Team Communication Skills | Practical on field | Moodle  | Moodle |
| Physical Fitness  | Practical on field | Moodle  | Moodle |
| 12 | Attacking Session | Practical on field | Moodle  | Moodle |
| Passing Session | Practical on field | Moodle  | Moodle |
| 13 | Defense Skills | Practical on field | Moodle  | Moodle |
| Shooting Session | Practical on field | Moodle  | Moodle |
| 14 | Gym Session | Practical on field | Moodle  | Moodle |
| Ball Catching Session | Practical on field | Moodle  | Moodle |
| 15 | Official Duties | Practical on field | Moodle  | Moodle |
| Match Day | Practical on field | Moodle  | Moodle |
| 16 | Final exams  | Practical on field | Moodle  | Moodle |

**Course Requirements:**

Students must be physically and medically fit.

Practical:

The breakup is as follows:

**Class Participation: 20**%

**Final Exam Practical: 80%**

**Total: 100 %**

**Attendance Policy:**

Students must fulfil the requirement of 80% attendance to appear in the Final Exam.

 Students are expected to attend each class. However, it is understandable that there are times when students may miss an occasional class.

 There are **NO EXCUSED ABSENCES** under this policy. All absences are counted, regardless of the reason for the absence, except for illness and other personal reasons. (With proof by documentation)

 Students are responsible for keeping track of the number of their absences. The instructor is not required

to notify a student orally or in writing if the student has excessive absences.

* Students who do not meet the **required attendance policy of 80 %** in the course, will not be able to appear in the **Final Exam**.

**CLASS LATENESS:**

 Student should not be late than ten minutes according to the class timings.

• If a student is coming late in class (i.e., more than five minutes), the student will be considered absent.

• No attendance will be marked after the first five minutes of class.

**LEAVE POLICY:**

 Student must submit the LEAVE APPLICATION to the instructor before the leave or on the very next day when the student returns to the class, after the absence.

 No Leave will be marked after the certain date as mentioned above.

 It is not the responsibility of any student to ask the instructor to mark leave for another student if he/she is

absent from class. Such information will not be considered as Leave.

**CLASS PARTICIPATION POLICY:**

Attendance

(20 MARKS)

This will be considered as an important component of evaluation and grading. Therefore, lack of attendance may influence the student’s ability to do well in the course where participation is highly valued.

• There will be a final evaluation and grading of 20 Marks for the attendance throughout the course.

• Leaves will not be counted as Present in the Final Evaluation of 20 Marks.

**Grade Determination & Course Assessment as per FCC Policy:**

**Grading Legend**

Below is the grading legend of FCCU (published in all catalogs and available on the FCCU website) as approved by the Academic Council

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| **Grade** | **Point Value** | **Numerical Value** | **Meaning** |
| A | 4.00 | 93-100 | Superior |
| A- | 3.70 | 90-92 |
| B+ | 3.30 | 87-89 | Good |
| B | 3.00 | 83-86 |
| B- | 2.70 | 80-82 |
| C+ | 2.30 | 77-79 | Satisfactory |
| C | 2.00 | 73-76 |
| C- | 1.70 | 70-72 |
| D+ | 1.30 | 67-69 | Passing |
| D | 1.00 | 60-66 |
| F | 0.00 | 59 or below | Failing |