

**Subject card**

<b>Subject name and code</b>	Introduction to Team Sports: Basketball, PG_00194536						
<b>Field of study</b>	Sport Management						
<b>Date of commencement of studies</b>	October 2026	<b>Academic year of realisation of subject</b>				2027/2028	
<b>Education level</b>	Bachelor's studies	<b>Subject group</b>				Optional subject group	
<b>Mode of study</b>	full-time studies	<b>Mode of delivery</b>				at the university	
<b>Year of study</b>	2	<b>Language of instruction</b>				Polish	
<b>Semester of study</b>	4	<b>ECTS credits</b>				2.0	
<b>Learning profile</b>	academic	<b>Assessment form</b>				credit	
<b>Conducting unit</b>							
<b>Name and surname of lecturer (lecturers)</b>	<b>Subject supervisor</b>		dr Sabina Nowak				
	<b>Teachers</b>						
<b>Lesson types</b>	<b>Lesson type</b>	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	<b>Number of study hours</b>	0.0	30.0	0.0	0.0	0.0	30
	E-learning hours included: 0.0						
<b>Learning activity and number of study hours</b>	<b>Learning activity</b>	Participation in didactic classes included in study plan		Participation in consultation hours		Self-study	SUM
	<b>Number of study hours</b>	30		1.0		19.0	50
<b>Subject objectives</b>	The aim of the course is to familiarize students with issues related to team sports focused on basketball and its variant, i.e., 3x3 basketball. The theoretical foundations of the discipline will be discussed, along with its history and social conditions, which can be used in various areas of sports clubs, sports academies, and other types of sports-related business activities. Practical exercises are designed to familiarize students with the technical elements of basketball and its 3x3 variant, thereby increasing their self-awareness in the area of physical culture and caring for balanced psychophysical development.						
<b>Learning outcomes</b>	<b>Course outcome</b>		<b>Subject outcome</b>		<b>Method of verification</b>		
	[ZSSML3_U11] Can engage and collaborate in teams, assuming different roles.		Can cooperate and work in a basketball team, taking on different roles depending on the team's needs, both during training and matches; takes responsibility for the tasks assigned to him, supports other players in developing their technical and tactical skills, cares for the well-being of the team, and promotes fair play.		[SU8] observation of student's independent or team work		
	[ZSSML3_K02] Is ready to perform professional roles responsibly, adhere to professional ethics and require the same of others, and care for the achievements and traditions of professions related to management and the sports market.		Recognises and respects the achievements and traditions of professions related to sports management and the sports market, and can cite examples of leaders, values, and practices that shape professional standards in this industry.		[SK2] presentation/project/paper/report [SK5] implementation of a problem task		

Subject contents	<ol style="list-style-type: none"> <li>1. Basketball: historical overview and cultural context.</li> <li>2. Basketball rules.</li> <li>3. Organizational structure of organized basketball competitions.</li> <li>4. Basketball variation: 3x3 basketball.</li> <li>5. Basics of individual training in basketball.</li> <li>6. Basics of team training in basketball.</li> <li>7. Basics of training planning in basketball.</li> <li>8. Basic rules of refereeing - pedagogy.</li> <li>9. Observation of basketball competitions.</li> <li>10. Organization of basketball competitions.</li> </ol>		
Prerequisites and co-requisites			
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
	Presentation	51.0%	100.0%
Recommended reading	Basic literature	<ol style="list-style-type: none"> <li>1. Huciński Tadeusz: Szkolenie dzieci i młodzieży w koszykówce: teoria i praktyka. Centralny Ośrodek Sportu 2008</li> <li>2. Huciński Tadeusz: Koszykówka podręcznik dla trenerów, nauczycieli i studentów . Wydawnictwo BK 2008</li> </ol>	
	Supplementary literature	n/a	
	eResources addresses		
Example issues/ example questions/ tasks being completed			
Work placement	Not applicable		

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