

Game sports (basketball)

Working program of the discipline (Syllabus)

Details of the discipline

The level of higher education	<i>The First(Bachelor degree)</i>
Branch of knowledge	<i>All</i>
Specialty	<i>All</i>
Educational program	<i>All</i>
Discipline status	<i>Selective</i>
Form of studying	<i>Full – time (daily)</i>
Year of preparation, semester	<i>2 – nd year, autumn/ spring semester</i>
The scope of the discipline	<i>2 credits (60 hours) classroom classes: lectures - 0 hours, practical - 36 hours, self- studying -24 hours</i>
Semester control / control measures	<i>Credit, modular test, calendar control</i>
Lessons schedule	<i>2 hours per week</i>
Language of instruction	<i>Ukrainian</i>
Information about the course leader / teachers	<i>fv.fbmi.kpi.ua</i>
Course placement	<i>Basketball Training Department https://do.ipk.kpi.ua/course/view.php?id=2386</i>

Curriculum of the discipline

1. Description of the discipline, its purpose, subject of study and learning outcomes

The main purpose of the discipline "Game sports (basketball)" is the formation of students' ability to maintain a sufficient level of physical health, physical and mental capacity; to develop the basic vital professional-applied motor skills; to form motivation to engage in physical activity and sports as a component of a healthy lifestyle;

The discipline "Game sports (basketball)" is interdisciplinary. It integrates, according to its subject, knowledge of medical-biological, psychological-pedagogical and other sciences, which contribute to the level of physical development, functional improvement of body systems, acquisition of basic vital motor skills, skills for further professional activity. As a result of studying the discipline "Game sports (basketball)" students will be able to:

- 1) use the means of basketball to improve physical and mental performance, development of physical qualities, recovery and health;
- 2) to exercise control and self-control over the functional state of the organism;
- 3) to ensure the preservation and strengthening of individual health in order to maintain an appropriate level of physical condition.

The content of the discipline

- Topic 1. Information support for basketball classes.
- Topic 2. Methods of determining the individual physical condition. Analysis and assessment of the level of individual physical fitness.
- Topic 3. Improving physical fitness by means of basketball
- Topic 4. Improving the technique of performing basketball exercises.
- Topic 5. Monitoring and assessing the level own physical fitness.
- Topic 6. Improving physical qualities by means of basketball
- Topic 7. Testing the level of physical fitness

4. Educational materials and resources

Basic educational literature:

Educational manuals:

1. Basketball [Electronic resource]: methodical recommendations for practical classes in physical education for students of the basketball department / NTUU "KPI"; structure. L.V. Anikeenko, V.M. Efremenko, H.L. Boyko - Electronic text data (1 file: 728 Kbytes). - Kyiv: NTUU "KPI", 2010. - Name from the screen. Description: The full text of the document is available only in the local network of the university. URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/700>

2. Methodical recommendations "History of the origin and development of basketball in the world and Ukraine" [Electronic resource] / NTUU "KPI"; structure. L .V. Anikeenko, H.L. Boyko, VM Efremenko. - Electronic text data (1 file: 1.36 MB). - Kyiv: NTUU "KPI", 2012. - 42 p. - Name from the screen. URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/1784>

3. Methodical recommendations are intended for conducting classes with students of NTUU "KPI" and the Interuniversity Medical Engineering Faculty (MMIF) in the specialty "Human Health". The educational publication is recommended for specialists in physical education: teachers of higher educational institutions, as well as instructors and heads of basketball sections in health camps, campuses. The main content of methodical recommendations is to teach the theoretical foundations and methods of conducting basketball lessons. Description: The full text of the document is available only in the local network of the university. URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/700>

Additional literature:

1. Physical education: Course of lectures on the discipline for students of all specialties / Structure. Vykhylyayev Yu M., Davydenko V. Yu., Boyko GL, Karpyuk I. Yu. - K .: NTUU "KPI", 2007, p. 6 - 13.

2. Physical Education. Athletic gymnastics for beginners (back muscles) [Electronic resource]: methodical recommendations for independent work of students / KPI. Igor Sikorsky; structure. O .F. Tverdokhlib, M.G .Masalkin, Yu. O. Martinov. - Electronic text data (1 file: 2.67 MB). - Kyiv: KPI named after Igor Sikorsky, 2017. - 43 p. - Name from the screen.

URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/20607>

3. Physical Education. Athletic gymnastics for beginners (muscles of the upper extremities) [Electronic resource]: methodical recommendations for independent work of students / KPI. Igor Sikorsky; O.F. Tverdokhlib, A.I. Sobolenko, M.M. Koryukaev. - Electronic text data (1 file: 1.47 MB). - Kyiv: KPI named after Igor Sikorsky, 2017. - 36 p. - Name from the screen.

URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/20606>

4. Physical education [Electronic resource]: methodical recommendations for independent physical education classes for students of the educational department of aerobics of NTUU "KPI". Methodical recommendations for students engaged in aerobics / NTUU "KPI"; structure. N .V. Ivanyuta,

SE Tolmachova, NV Kuzmenko, NV Gradusova [etc.]. - Electronic text data (1 file: 32.4 KB). - Kyiv: NTUU "KPI", 2015. - 137 p. - Name from the screen.

URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/15480>

5. Physical Education. Methodical recommendations for performing a set of exercises with fitball for students of the aerobics department of NTUU "KPI" [Electronic resource] / NTUU "KPI"; structure. N .V. Ivanyuta, S .E Tolmacheva. - Electronic text data (1 file: 906 KB). - Kyiv: NTUU "KPI", 2015. - 42 p. - Name from the screen.

Description: The full text of the document is available only in the local network of the university

URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/11742>

6. Methodical recommendations for performing a set of exercises on the Pilates system [Electronic resource] / NTUU "KPI"; structure. S.E. Tolmacheva, N .V. Ivanyuta. - Electronic text data (1 file: 17.1 MB). - Kyiv: NTUU "KPI", 2014. - 66 p. - Name from the screen.

Description: The full text of the document is available only in the local network of the university

URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/8148>

7. Basic aerobics in the structure of health fitness [Electronic resource]: methodical recommendations for practical classes in the discipline "Physical Education" for students of all specialties / NTUU "KPI"; structure. N.V . Gradusova, N .V. Kuzmenko. - Electronic text data (1 file: 187 KB). - Kyiv: NTUU "KPI", 2011. - Name from the screen.

Description: The full text of the document is available only in the local network of the university

URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/1780>

Educational content

5. Methods of mastering the discipline (educational component)

Practical lesson № 1. Tasks: 1. To provide theoretical knowledge on the history of origin and development of basketball.

2. Get acquainted with safety rules and rules of conduct in practical basketball lessons.

3. Get acquainted with the basic methods of movement and the main rack of a basketball player.

Tools: Interactive materials. Testing the level of functional state of the CVS, respiratory system and psychophysical condition of students. The main rack of a basketball player, jumps, turns, movements.

Conducting an express survey.

Practical lesson № 2. Tasks: 1. To determine the individual level of functional state of the cardiovascular system (CCC). {1 } 2. Get acquainted with the peculiarities of keeping a "Student Self-Control Diary".

1. Teach the basic ways to move a basketball player and stand in a "triple threat" position.

2. Learn to catch the ball with both hands on the spot.

3. Promote the development of physical quality of dexterity.

Tools: Interactive materials. Testing of the individual level of the functional state of the cardiovascular system (CVS). The main ways to move a basketball player (turns, stops, stepping out). Passing and catching the ball with one and two hands on the spot and in motion. Juggling one ball. Moving game. Educational game.

Conducting an express survey.

Practical lesson № 3. Tasks: 1. To get acquainted with the technique of running the ball.

2. Teach the technique of passing and catching the ball.

3. Promote balance.

Tools: Interactive materials. Driving the ball with the right, left hand and alternately from hand to hand on the spot and in motion. Catching a high, low ball with one hand. Passing the ball with one and two hands. Relay. Educational game. Exercises for the development of balance (balancing).

Conducting an express survey.

Practical lesson № 4. Tasks: 1. Teach the technique of running the ball. Get acquainted with the technique of crossover.

2. Teach the technique of passing and catching the ball.

3. Promote the development of speed and power qualities.

Tools: Interactive materials. Driving the ball with the right, left hand and alternately on the spot. Crossover in place. Driving the ball with the right, left hand and alternately in motion. Catching and passing with one hand a high, low ball. Relay. Educational game.

Conducting an express survey.

Practical lesson № 5. Tasks: 1. To get acquainted with the technique of throwing the ball into the basket in a one-handed jump with a double step.

3. Teach the technique of performing the basic methods of crossover and the technique of driving the ball with the right, left hand and alternately on the spot and in motion.

4. Teach the technique of moving with jumps, stops and driving the ball.

5. Promote the physical quality of flexibility.

Tools: Interactive materials. Movement combined with jumping, stopping, turning and driving the ball in motion. The main ways to perform a crossover on the spot. Moving game. Educational game. Exercises to develop flexibility.

Conducting an express survey.

Practical lesson № 6. Tasks: 1. To determine the individual level of the functional state of the cardiovascular system (CVS).

2. Teach the technique of execution and different ways of driving the ball with a change of direction.

3. Teach the technique of catching and passing the ball in motion.

4. Promote agility and coordination through juggling.

Tools: Interactive materials. Testing of the individual level of the functional state of the cardiovascular system (CCC). Moving a basketball player in combination with techniques (driving and passing the ball). Juggling one and two balls on the spot and in motion. Different ways of driving the ball with a change of direction and speed. Catching and passing the ball with one and two hands in motion with a passive defender. One-sided game.

Conducting an express survey.

Practical lesson № 7. Tasks: 1. To teach the technique of throwing the ball into the basket in a jump with one hand from a double step.

2. Teach the technique of execution and different ways of driving the ball with a change of direction.

3. Teach the technique of catching and passing the ball in motion.

4. Promote strength.

Tools: Interactive materials. Moving a basketball player in combination with techniques. Driving the ball with a change of direction and speed with a change in the height of the rebound of the ball. 1x1 with a passive defender. Catching and passing the ball in motion. Throw the ball with one hand with a double step. Exercises for strength development. Two-way game.

Conducting an express survey.

Practical lesson № 8. Tasks: 1. To acquaint with the protective rack of a basketball player.

2. Teach the technique of passing the ball in different ways.

3. Promote endurance.

Tools: Interactive materials. Protective rack of a basketball player during movements and stops. Juggling one and two balls. Passing the ball in pairs, threes. Throws the ball in a jump with one hand after a double step. Moving game. One-sided game.

Conducting an express survey.

Practical lesson № 9. Tasks: 1. To teach a basketball player a defensive stance and ways to move in defense.

3. Teach the technique of passing the ball with both hands from the chest and one from the shoulder.

4. Promote coordination skills.

Tools: Interactive materials. Protective rack of a basketball player during movements and stops. Juggling one or two balls. Moving game. Passing the ball in pairs, threes with two hands from the chest and one hand from the shoulder on the spot and in motion. Throws the ball. One-sided game.

Conducting an express survey.

Practical lesson № 10. Tasks: 1. To determine the individual level of the functional state of the cardiovascular system (CVS).

2. Teach the technique of driving the ball in different ways in different directions without visual control.

3. Teach the basketball player's defensive posture and how to move in defense.

4. Promote the development of speed and power qualities.

Tools: Interactive materials. Testing of the individual level of the functional state of the cardiovascular system (CVS). Protective rack of a basketball player during movements and stops. Moving game. Driving and juggling the ball in motion (one and two). Exercises using a coordination ladder. One-sided game.

Conducting an express survey.

Practical lesson № 11. Tasks: 1. To acquaint with the technique of free throw.

2. Teach the technique of running the ball in the languages of active defense of defenders.

3. Promote endurance.

Tools: Interactive materials. Driving the ball. Throws the ball from a double step. Free throw. Relay. One-sided game.

Conducting an express survey.

Practical lesson № 12. Tasks: 1. To get acquainted with the technique of throwing the ball into the basket with one hand in a jump.

2. Teach the technique of free throwing and throwing the ball into the basket with one hand in a double step jump.

3. Promote speed.

Tools: Interactive materials. Driving the ball. Throws the ball into the basket (jumping with one and two hands, free throws). Relay. Educational game.

Conducting an express survey.

Practical lesson № 13. Tasks: 1. To acquaint with the technique of performing distractions (tricks) in the attack.

2. Get acquainted with the rapid breakthrough.

3. Teach the technique of driving the ball with a change in the height of the rebound and speed of movement with the active opposition of defenders.

4. Promote the development of coordination skills through juggling.

Tools: Interactive materials. Juggling with one and at home with balls. Driving the ball. Distracting actions (feints) to pass, throw or drive the ball in the attack. Exercises 1x1, 2x1. Throw in the basket and cover and bounce the ball when throwing in the basket. Educational game.

Conducting an express survey.

Practical lesson № 14. Tasks: 1. To determine the individual level of the functional state of the cardiovascular system (CVS).

2. Teach the technique of performing distractions (tricks) in the attack.

3. Teach the technique of throwing the ball into the basket after passing, guiding and selecting the ball.

4. Promote strength.

Tools: Interactive materials. Testing of the individual level of the functional state of the cardiovascular system (CVS). Distractions. Exercises 1x1, 1x2, 2x1, 2x2. Driving the ball. Throws the ball into the basket. Educational game. Exercises for strength development.

Conducting an express survey.

Practical lesson № 15. Tasks: 1. To acquaint with individual and group actions in attack and defense.

2. Teach the technique of throwing the ball into the basket in different ways from different distances.

3. Promote the development of speed and power qualities through relays.

Tools: Interactive materials. Individual and group actions in attack and defense. Exercises 1x1, 1x2, 2x2, 2x3, 3x3. Relay. Throw the ball into the basket from different points and distances. Educational game.

Conducting an express survey.

Practical lesson №16. Objectives: 1. To promote the manifestation of basic physical qualities. pull-ups on the crossbar (people).

Conducting an express survey.

Practical lesson № 17.

Performing a modular test

Practical lesson № 18.

Credit.

6. Independent work of the student

Preparation for practical classes, calculations based on primary data obtained during and after functional tests (at the beginning of each month), performance of modular control work (17-th week), keeping a diary of self-control.

Policy and control

7. Discipline policy (educational component)

Class attendance rules: students who are late for classes are not allowed; students are admitted to classes if they have sportswear and sports shoes, and a certificate of their medical group for health reasons.

Rules of conduct in the classroom: turn off the phones, comply with safety requirements. Rules for the protection of individual tasks: compliance with the principle of academic integrity

Rules for awarding incentive points: incentive points are awarded for participation in competitions, sports and recreation activities according to the plan of the department, faculty, university (5... + 7 points); participation in city, national or international competitions (5... + 7 points), positive dynamics of physical condition in the diary of self-control (5... + 7 points).

The amount of incentive points may not exceed 10 points.

policy of deadlines and rescheduling: classes that are missed without good reason, are completed in the allotted time at the end of the semester. Students have the possibility of two reshuffles in the presence of the commission.

- other requirements that do not contradict the legislation of Ukraine and regulations of the University: when taking the test students must follow safety rules.
- policy on academic integrity : policy, principles of academic integrity and norms of ethical behavior of students and employees of the University are defined in the code of honor of KPI named after Igor Sikorsky (see: [https // kpi.ua / code](https://kpi.ua/code)).

Types of control and rating system for evaluation of learning outcomes (RSO)

1. Performing test tasks in practical classes

In practical classes №1-16 test tasks are evaluated in 1 point.

The maximum number of points for test tasks - 16 points.

2. Modular test

Conducted on the 17th practical lesson in the form of a test containing 30 test tasks, each correct answer is evaluated in 1 point.

Maximum score - 30 points.

3 . Keeping a Diary of Self-Monitoring

Keeping a diary is kept monthly.

Maximum score is 4 points.

tests on physical fitness - 50 points.

Jump up from a place (cm);

Men	55	51	48	43	40	≤39
Women	45	42	38	35	30	≤29
Points	10	9	8	7	6	5

Shuttle run 4 x 9 m, (sec)

Men	9,0	9,4	9,8	10,3	10,8	11,0	>11,0
Women	10,4	10,7	11,2	11,6	12,0	12,3	>12,3
Points	10	9	8	7	6	5	0

Strength exercise: men - pull-ups on the crossbar; women - flexion-extension of the arms lying down (times);

Men	10	9	8	7	6	5	<5
Women.	20	15	12	10	8	7	<7
Points	10	9	8	7	6	5	0

Flexibility exercise (cm);

Men	13	11	9	7	5	3	<3
Women	16	14	12	10	8	6	<6
Points	10	9	8	7	6	5	0

According to a separate schedule during the semester: freestyle swimming without taking into account time (m);

Men.	100	75	50	25	<25
Women	100	75	50	25	<25
Points	10	8	6	4	0

Calendar control is carried out during the semester as a monitoring of the current state of compliance with the requirements of the syllabus. A student receives a positive result from the QC when his current rating score is at least 50% of the maximum possible at the time of the QC.

The final assessment of the student's mastery of the educational component is assessed by the result of his work for the semester with the transfer of his rating points to the university assessment scale (Table 1).

The final student's rating cannot exceed 100 points!

(Semester control - credit. Week 18), it is given the opportunity to perform an integrated test, and his previous rating is revoked

Table 1

Student Score	University Score	Student rating points	University grade
95 – 100			Excellent
85 – 94			Very Good
75 – 84			Good
65 – 74			Satisfactory
60 – 64			Sufficient
< 60			Unsatisfactory

9. Additional information on the discipline (educational component)

During the passage of educational material on the discipline provides for the use of modern technologies in the educational process. During the academic period, students are expected to use the means and methods of self-control over the state of health, their compliance with the requirements for the prevention of injuries and diseases, keeping diaries of self-control over the state of the body.

Practical tasks are given to students depending on the current state of functional readiness of their body and the degree of their mastery of the technique of performing sports and physical exercises.

The method of realization of tasks is regulated by safety rules and realization by students of independent control over a condition of the basic functional systems.

The practical classes solve problems to increase the level of development of physical and mental qualities, use analytical approaches to the choice of methods for developing the strength of individual muscles and their groups, as well as methods and means of active recreation and recovery.

During classes, in accordance with the requirements and forms of organization of table tennis lessons, educational equipment and sports facilities are used.

The program material for groups of initial physical training includes:

- physical training, the main purpose of which is to create a base for improving the level of skill with the help of general physical means of training
- technical training, the main purpose of which is to improve individual technique, expand the range of motor skills;

Working program of the discipline (syllabus):

Compiled by: Acting Head of the Department of Physical Education, Ph.D., Associate Professor, Boyko Hanna Leonidivna

Head of the Department of Sports Improvement, Ph.D., Associate Professor, Novitsky Yuriy Volodymyrovych

Approved by the Department of Physical Education _____ (Minutes № 3 from 26. 11 2020)

Department of Sports Improvement (Minutes № 2 from 27.11.2020)

Approved by the Methodical Council of the University (Minutes № 5 from 14.01.2021)