Jadara University جامعة جدارا

ref# FR/P1/P1/1/v1

College of Physical Education					College
5	NQF level	Department of Physical Education			Section
Handball1	Prerequisite	131344	Code	Handball (2)	Course name
3	practical	nothing	theoretical	3	الساعات المعتمدة
s.bataineh@jadara.edu.jo			Email	DR. Sohaib bataineh	Course coordinator
s.bataineh@jadara.edu.jo			Email	DR. Sohaib bataineh	Teachers
My face	Attendance form	Gym	The place	4 −2.30	Lecture time
2026/3/24	Modification date	2022-3-20	Date of preparation	the second	Classroom

Course description

Brief course description
Handball Course (2) Providing students with offensive and defensive skills, techniques and plans in handball based on sound scientific foundations to reach the level of integrated performance in handball and developing the students' skill performance to reach the stage of mastery.
Course objectives
1. Introducing students to the handball law and its application. 2. Enabling students to teach defense skills and attack building in handball. 3. Empowering students with how to implement and manage the daily training unit for handball. 4. Empowering students with how to apply group techniques in attack and defense.

5. The student's knowledge of violations and law enforcement in the game of handball 6. Providing students with the opportunity to implement a physical education lesson on handball in order to be able to understand the scientific and practical aspects of implementing the lesson.

CILO's Learning Outcomes
A. Knowledge - theoretical understanding Upon completion of the course requirements, the graduate will be able to:
A1: Introducing the student to the law of handball, its application, origins and development. (K1)
B - Knowledge - practical application Upon completion of the course requirements, the graduate will be able to:
A2: Applying defense and attack skills in handball (K4)
C. Skills – General problem solving and analytical skills Upon completion of the course requirements, the graduate will be able to:
b1: Analysis of team plans and techniques in the game of handball (S1))
D. Skills – Communications, ICT and Accounts. Upon completion of the course requirements, the graduate will be able to:
b2: Applying defense steps, building an attack, and shooting the opponent. (S3)
E. Competencies: autonomy, responsibility and context Upon completion of the course requirements, the graduate will be able to:
Teamwork and cooperation to manage the training and teaching unit or match, make decisions, and bear responsibility (C2)
F. methods of learning and teaching.
• Brainstorming. • Practical lectures on the handball field. • Discussion and dialogue within the scope of the lecture. • Theoretical lectures and involving students in the educational process, analysis and conclusion.
G. Evaluation methods
• Mid-term exam. • Theoretical tests. • Direct and indirect questions.

Practical tests. • Continuous evaluation during lectures •

Course content					
Evaluation methods	**Learning and teaching methods**	**Topics**	**Outputs**	**hours**	**week**
Mid-term exam. Theoretical tests. Direct and indirect questions. Practical tests. Continuous evaluation during lectures	Brainstorming. Practical lectures on the handball field. Discussion and dialogue within the scope of the lecture.	What is the law of handball? Explaining defense and attack skills in handball. Division of defensive skills in handball (blocking and cutting the ball). Stages of teaching offensive skills in handball. Shooting the ball and penetrating	**a1+ a2**	4	1 + 2
Mid-term exam. Theoretical tests. Direct and indirect questions. Practical tests. Continuous evaluation during lectures	Brainstorming. Practical lectures on the handball field. Discussion and dialogue within the .scope of the lecture	Technique of switching positions, blitz attack, defensive attack plans. Implementing defensive and offensive plans. Training theories for group plans.	**a1+ a2 c1+b1**	4	3 + 4
Mid-term exam. Theoretical tests. Direct and indirect questions. Practical tests. Continuous evaluation during lectures	Brainstorming. Practical lectures on the football field. ssion and dialogue within the scope of .the lecture	Teaching defensive . skill (raising hands in front of opponent).	**a1+ a2 c1b2+**	4	5 + 6
Midterm exam		First test midterm))		2	7

Theoretical tests. Direct and indirect questions. Practical tests. Continuous evaluation during lectures	Brainstorming. Practical lectures on the football field. Discussion and dialogue within the scope of the lecture.	Apply the deception skill Running on the field and aiming for the goal while deceiving and applying the law to the method of performance.	**a1+ a2 c1+**	2	8 + 9
Theoretical tests. Direct and indirect questions. Practical tests. Continuous evaluation during lectures	Brainstorming. Practical lectures on the football field. Discussion and dialogue within the scope of the lecture.	Teaching types of defense Individual defense,) area defense, combination defense) Explain the details of .each type	**+c1a2 b1+b2**	2	10 + 11
Theoretical tests. Direct and indirect questions. Practical tests. Continuous evaluation during lectures	Brainstorming. Practical lectures on the football field. Discussion and dialogue within the scope of the lecture.	Teaching offensive systems. The offensive system is 3-3 The offensive system is 4-2 Offensive system 2-4.	**a1+a2 +b2 b2c1**	2	12 + 13
Theoretical tests. Direct and indirect questions. Practical tests. Continuous evaluation during	Brainstorming. Practical lectures on the football field. .Discussion and dialogue within the scope of the lecture	Teaching the free throw in handball and the 7-meter throw Explanation of Law No. 13	**a1+a2 +b2 b2c1**	2	14 + 15
Theoretical tests. Direct and indirect questions. Practical tests. Continuous evaluation during lectures	Practical lectures on the football field. Discussion and dialogue within the scope of the lecture.	Team play (offensive, defensive).	**a1+a2 1+c1 b2c1**	2	16
.End of semester exam		Final exam		2	17

the components	
A note prepared by Dr. Muhammad Darwish, University of Hama. Syria	The book

Material prepared by the subject teacher, Dr. Sohaib Bataineh	
International Handball Law	:the reviewer
International handball law Handball Note (2), Dr. Hussein Bani Hani	Recommended reading
https://www.pesducation.com/2019/04/Summary-Article-Hand-Ball.html	Electronic material
The digital library, to view studies and research related to the subject.	Other sites

Course evaluation plan							
Outputs					Degree	Evaluation methods	
c1	b2	b1	a2	a1			
15	15	-	-	-	30	**First exam (mid)**	
-	-	-	-	-	-	**Second exam (mid)**	
15	15	5	9	6	50	**Final exam**	
4	4	4	4	4	20	**Chapter works**	
2	2	2	2	2	10	Jobs	**Quarterly business reviews**
-	-	-	-	-	-	Cases to study	
2	2	2	2	2	10	Discussion and interaction	
-	-	-	-	-	-	Group activities	
-	-	-	-	-	-	Exams, tests and jobs	
-	-	-	-	-	-	Presentations	
-	-	-	-	-	-	Short exams	
34	34	9	13	10	100	**the total**	

Plagiarism
Plagiarism is when someone takes someone else's work and claims it is their own. The university has a strict policy on plagiarism, and if plagiarism is indeed detected, this policy will be enforced. Penalties also apply to anyone who helps someone else commit plagiarism (for example by knowingly allowing someone to copy your code). Plagiarism differs from group work in that a number of individuals share ideas about how to implement courses. You are strongly encouraged to work in groups, and you will certainly not be penalized for it. This means that you can work together on a project or complete a job. What is important is that you have an understanding of all aspects of the supplement program. In order to allow for correct evaluation you must strictly adhere to the work requirements of the project or job as described and detailed above. These requirements exist to encourage teamwork, individual understanding, facilitate individual assessment, and prevent plagiarism.