



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	S	273	B	04M	Accredited until			Renewal date
	Branch of Science		Progr.	Registr. №.				

Entitlement

Coaching Science of Selected Sport II (Basketball)

Prerequisites

Fulfill the I course (I semester) requirements

Course (module) Learning Outcomes

№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1	Will be able to creatively analyze and systematize scientific literature.	Library / information retrieval tasks	Oral presentation, Report
2	Demonstrate knowledge and skills in creating weekly microcycles for basketball players of different age groups and in selecting appropriate tests to determine and evaluate physical and technical condition.	Exercise classes, Practical exercises (tasks), Reflection on action	Individual work
3	Will be able to creatively analyze and systematize information while working in a group.	Group work, Library / information retrieval tasks, Seminar	Group work, Report
4	Demonstrate knowledge of the topics studied in the module.	Reflection on action	Examination

Main aim

To develop general and subject competencies of a sports coach related to the theoretical bases of basketball sports coaching, preparation, selection and forecasting technologies, taking into account the peculiarities of gender, age and biological maturity.

Summary

The principles of basketball teaching didactics, modern and effective teaching methodologies and tools for forming the skills necessary for a basketball player are studied. Mastering modern basketball technique training and improvement technologies. The basics of basketball players' training, preparation, selection and forecasting technologies are studied, taking into account the peculiarities of gender, age and biological maturity. It is analyzed and practically learned to plan the process of multi-year and annual training of basketball players, to control and manage the process, to collect feedback and analyze it.

Level of module

Level of programme		Subject group (under the regulation of the area)
Cycle	Type	
First	Bachelor	Specialaus lavinimo

Group under financial classification

10.Dailė (mokytojai), teatras (mokytojai), muzika (mokytojai), pedagogika (auklėtojai, pedagogai), sportas (treneriai)

Syllabus

№.	Sections and themes	Responsible lecturer
1.	Teaching methodology. Levels and methods of teaching and development conditions.	
2.	Selection. Criteria and selection stages.	
3.	Sport training. Principles of preparation, methods, conditions.	
4.	The main types of basketball training. Early (6-12 years) and late (13 - 16) years. sp. preparation.	

№.	Sections and themes	Responsible lecturer
5.	Sport training. Training loads.	
6.	Circle training.	
7.	Sports fitness and its diagnostics. Testing.	
8.	Regeneration. Management, control and safety of the sports training process.	

Evaluation procedure of knowledge and abilities:

References

№.	Title	Edition in Lithuanian Sports University library		In Lithuanian Sports University bookstore	Number of ex. in the methodical cabinet of the depart.
		Pressmark	Number of exemplars		
1.	Stonkus, S. (2003). Krepšinis: Istorija, teorija, didaktika. Kaunas: LKKA	796.323 St242	51	Yes	1
2.	Drinkwater, E. J., Pyne, D. B., McKenna, M. J. (2008). Design and interpretation of anthropometric and fitness testing of basketball players. Sports Medicine, 38 (7), 565–578			No	
3.	Buceta, M., Killik, L. (2000). Coaching 15-18 year old players. Basketball for Young Players (pp. 266?347). Madrid: FIBA..			No	
4.	Brandao, E., Janeira, M., Neta, P. (2000). The relationship between team final standings and individual technical skills in youth basketball players// Pre-Olympic Congress Sports Medicine and Phys			No	
5.	Bompa, T. (2000). Total training for young champions. Human Kinetics: Illinois	613.7 Bo-209	1	No	1
6.	Avakumovic, A. (2000). Training sessions with 13-14 year-old Players. Basketball for Young Players. Madrid: FIBA, EABC, WABC..			No	
7.	Bolonchuk, W. W., Lukaski, H. C., Siders, W. A. (1991). The structural, functional, and nutritional adaptation of college basketball players over a season. Sports Medicine and Physical Fitness, 31			No	
8.	Malarranha, J., Figueira, B., Leite, N., Sampaio, J. (2013). Dynamic Modeling of Performance in Basketball. International Journal of Performance Analysis in Sport, 13, 377-387.			No	
9.	American Sport Education Program (2007). Coaching Basketball: Technical and Tactical Skills Champaign, IL: Human Kinetics			No	1
10.	Krause, J.V., Meyer, D., Meyer, J. (2008). Basketball Skills & Drills Champaign, IL: Human Kinetics			No	1
11.	FIBA mokomoji medžiaga https://www.fiba.basketball/wabc			No	
12.	William Sniffen (2012). Youth Basketball Practice Plans: Ages 9 to 12. PlaySports.			No	

Additional literature

№.	Title
1.	Balciunas, M.; Stonkus, S.; Abrantes, C. & Sampaio, J. Long term effects of different training modalities on power, speed, skill and anaerobic capacity in young male basketball players. J. Sport Sci. Med., 5:163-70, 2006.

