

#### LITHUANIAN SPORTS UNIVERSITY

## STUDY MODULE PROGRAMME (SMP)

Modulo Codo	S	273	В	04M	Accredited		Rer	newal c	late
Module Code	Branc	h of Science	Progr.	Registr. №.	until				

#### Entitlement

Coaching Sience of Selected Sport II (Basketball)

Prerequisites

Fulfill the I course (I semester) requirements

Course (module) Learning Outcomes

	ise (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 aroun (under the regulation of the area)
Cycle Type		Subject group (under the regulation of the area)
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

IXCIC	rences	T			1
№.	Title	Edition in I Sports U libr	ary	Lithuanian Sports	Number of ex. in the methodical
		Pressmark	Number of exemplars	University bookstore	cabinet of the depart.
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

Ŋ <u>o</u> .	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.

№.	Title										
2.		ango, J., Vučetić, V. basketball. Internati	*		/		_	ficiency			
3.		Võhandu, P.; Halja Journal of Performa					rk intensity in	basketball.			
4.	basketball pla 412.	., Apostolidis, N., C ayers: test or observ	ation? In	ternationa	l Journal of	Performance A	nalysis in Spor	t, 13, 403-			
5.	International Journal of Performance Analysis in Sport, 4, 34-39.										
6.	Csataljay, G., O'Donoghue, P., Hughes, M., Dancs, H. (2009). Performance indicators that distinguish winning and losing teams in basketball. International Journal of Performance Analysis in Sport, 9, 60-66.										
7.	playing position Journal of Sports Sciences, 14, 243-253										
8.	Ben Abdelkrim, N., Castagna, C., El Fazaa, S. & El Ati, J. (2010). The effect of players' standard and										
9.		, Volossovitch, A., basketball. Interna			,	, •	coach's game	practical			
10.		water,David B. Pynoric and Fitness Test						of			
Coor	rdinating lectur	rer									
	Posit	tion		Degree	, surname, i	name	Schedu	ıle №.			
	Associate	Professor					89	)			
Subc	livision										
			Ent	itlement				Code			
				a				2005			
_		C4	udy mog	dule teach	ning form N	<u>.                                      </u>					
			uuy III00	uuic teach	ing ioi iii J	1=• [ 1					
i	Semester	Mode of stud	ies	Theory	Total hours	Credits					

				Structu	ıre		Total	
Seme	ester	Mode of studies	Theory	Seminars	Lab Works	Ind. work	Total hours	Credits
A	S	D	9	3	18	100	130	5

Languages of instruction:

-	BB											
	Lithuanian	L	English	Е	Russian	R	French	F	German	G	Other	Oth.

## Plan of in-class hours

№. of Themes		Academic h	ours	№. of Themes	Academic hours								
Nº. Of Themes	Theory	Seminars	Lab Works	Nº. Of Themes	Theory	Seminars	Lab Works						
1.	1	0	0	5.	1	1	6						
2.	1	0	0	6.	1	1	2						
3.	1	0	0	7.	1	1	2						
4.	2	0	8	8.	1	0	0						
				Total:	9	3	18						

Schedule of individual work tasks and their influence on final grade

	№. of		Influence on grade,	Week of presentment of task (*) and reporting (o)															
	syllabus	syllabus hours	%	1	2	3	4	5 6	5 7	8	9	10	11	12	13	14	15	16	17-20
Report	4, 6, 7	15	10	*								0							
Reflection on action	2, 3, 5	20	20	*									0						
Exam	1-8	40	40	*															0

		№. of syllabus	Total hours	Influence on grade, %	Week of presentment of task (*) and reporting (0) 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17-20
Seminar		5-7	25	30	* 0
	Total:	-	100	100	

# Study module teaching form No. 2

				Structu	ıre		T-4-1	
Seme	ester	Mode of studies	Theory	Seminars	Lab Works	Ind. work	Total hours	Credits
A	S	N	9	11	10	100	130	5

Languages of instruction:

Lithuanian L English E Ru	sian R French F	German G	Other Oth.
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Plan of in-class hours

No of Thomas		Academic h	ours	No of Thomas	Academic hours							
№. of Themes	Theory Seminars Lab Works  No. of Themes				Theory	Seminars	Lab Works					
1.	1	0	0	5.	1	3	3					
2.	1	0	0	6.	1	2	2					
3.	1	0	0	7.	1	2	2					
4.	2	4	3	8.	1	0	0					
				Total:	9	11	10					

Schedule of individual work tasks and their influence on final grade

Schedule of marvie	iuai work tasks	and ti	ich minuchee on man	<u>8</u> 1	a	<u>u</u> C														
		Total hours	I Influence on grade,	Week of presentment of task (*) and reporting (o)																
		nours		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17-20
Exam	1-8	40	40	*															0	
Reflection on action	2, 3, 5	20	20		*													0		
Report	4, 6, 7	15	10					*										0		
Seminar	5-7	25	30						*								0			
Total:	-	100	100																	•