

# York University

**Faculty of Health**

**School of Kinesiology and Health Science**

**PKIN 0350**

**Team Handball**

**The aim of this course is to give students a basic analysis of learning the fundamental skills, drills, strategies and rules of Team Handball necessary to enjoy and have fun in a team sport environment.**

**Instructor:** Deb Fullerton

**Email address:** debfull@yorku.ca

**Session:** Fall

**Section:** A

**Time:** 8:30am- 9:30am

**Tuesday/Thursday**

**Where:** Main Gym

**Dress:** Shorts or track pants and T-Shirt, running shoes

**Evaluation:** Practical - 70% attendance and class participation  
Testing - 30% written test

## **CONTENT:**

- An analysis of basic skill development of throwing and catching both stationary and dynamic.
- Focusing on skills, drills, set plays and strategies used in Team Handball game play.
- Use of drills and lead up games to practice and develop skills
- Brief history and its origin and development of Team Handball
- Importance and use of rules in Team Handball
- Fitness development, agility activities and footwork necessary for Team Handball
- Method of organization to learn and practice game skills, tactics, drills and set plays within a game
- Learning how to set up tournament play specific for Team Handball
- Learning rules of the goalkeeper and the penalty throw
- How to referee a team handball game and hand signals use

**ATTENDANCE** 80% required by Department PKIN policy. As this is mainly a participation course, attendance will affect your grade.