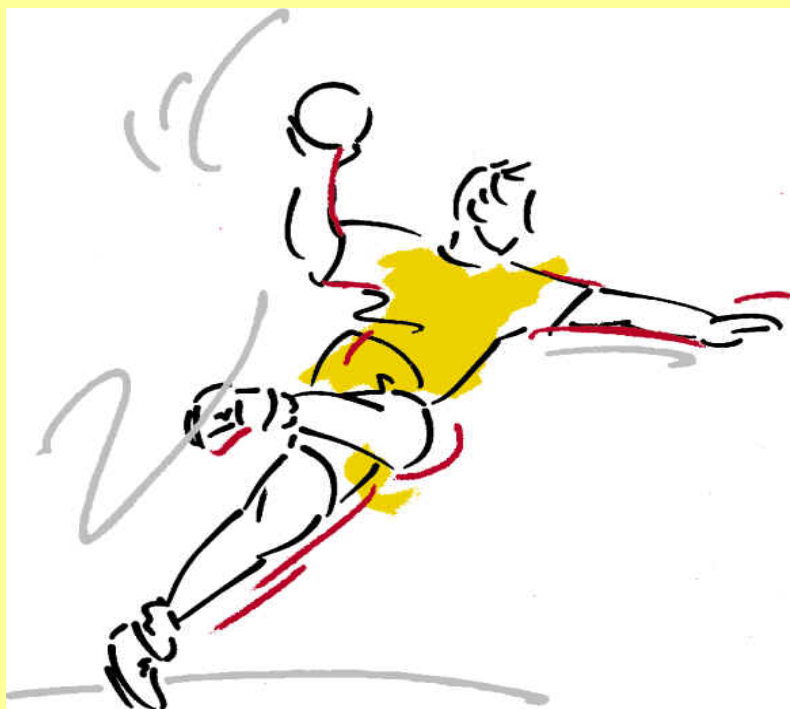


SPORTS INSTRUCTORS LEVEL 1

HANDBALL



Third Project Meeting
in Rome
19th-23rd

Spanish Presentation

STRUCTURE OF THE CV

- INTRODUCTION
- DEFINITION OF THE QUALIFICATION
- LEARNING UNITS
- TRAINING RESOURCES
- METHODS AND TECHNIQUES
- FORMS OF ASSESSMENT
- NUMBER OF HOURS

LEARNING UNITS

- CONCEPTS AND PRINCIPLES
- THE ORGANIZATION AND MANAGEMENT OF THE TRAINING SESSION
- ELEMENTS OF PHYSIOLOGY
- HEALTH AND SAFETY
- THE TRAINING EQUIPMENT-PREPARATION AND MAINTENANCE
- PSYCO-PEDAGOGIC BASIS OF TRAINING
- METHODS AND TECHNIQUES USED IN THE PRACTICE OF THE SPORTS DISCIPLINE
- MONITORING AND ASSESSMENT OF THE TRAINING LEVEL IN A SPORTS DISCIPLINE
- ENVIRONMENTAL AWARENESS

UNIT OF COMPETENCE: LEARNING UNITS

Clusters of **skills, abilities** and **knowledge** needed to perform specific jobs or to achieve specific aims

- **KNOWLEDGE** : the actual concepts and principles every sport operates with.
- **SKILLS**: (the learner works with these concepts and principles in a controlled environment –the classroom);

At this stage, the learner proves that he knows “how to do” something by recognizing/ selecting / working with concepts and principles in specialized texts.

- **ABILITIES**: (the learner is able to operate with certain concepts and principles outside the classroom, in the “real life”, in an environment that requires flexibility);

At this stage, the learner proves that he “can do” something by using concepts and principles in various contexts and by adapting to various communication situations.

CONCEPTS AND PRINCIPLES

KNOWLEDGE

- Defines and describes sports-related concepts
- Identifies the general and particular terminology of Handball
- Understands the specific language of Handball, the training methodology and resources
- Recognizes Handball-related documents

SKILLS

- States the elements of Handball-related documents
- Explains the content features of a specialized document

ABILITIES

- Interprets a technical text using specialized language
- Communicates efficiently with the activity partners and trainees, using specialized terms in a flexible manner
- Writes Handball-related documents, using specialized language

ORGANIZATION AND MANAGEMENT OF THE TRAINING SESSION

KNOWLEDGE

- Knows the physical characteristics that determine the quality of the trainee and how they develop according to age
- Knows the perceptual and motor qualities and how they develop according to age
- Knows the statutory characteristics of the elements that are involved in the development of the Handball game

SKILLS

- Knows how to develop the qualities of the trainees
- Knows how to teach the rules of Handball and to perform a correct training session

ABILITIES

- Applies basic methods to develop physical, perceptual and motor qualities
- Applies basic concepts when executing a correct warming up
- Uses basic terminology of the sports training theory
- Teaches basic rules of Handball regulations

ELEMENTS OF PHYSIOLOGY

KNOWLEDGE

- Describes the general characteristics of the bones of the human body
- Identifies the joints and classifies them according to their characteristics and function
- Identify the anatomical regions of the human body together with their structure and function

SKILLS

- Interprets the basic concepts of biomechanic which are related to physical activity
- Determines the most significant characteristics of the muscles
- Determine the role of the cardiorespiratory system components
- Determine the energetic metabolism fundamentals

ABILITIES

- Explain the hydration and nutrition fundamentals
- Applies the basic terminology of biological sciences
- Predict and operate with the role and characteristics of the muscles and cardiorespiratory system

HEALTH AND SAFETY

KNOWLEDGE

- Knows the laws and regulations that limits the intervention of the sports instructor in the field of first aids.
- Identifies injuries and wounds and assesses the seriousness of them
- Knows the effects of the main drug additions on the the human body

SKILLS

- Explains the general principles of hygiene in sports
- Describes recovering techniques to get the strength back after physical exercise
- Identifies the factors that lead to alcoholism and nicotine poisoning and defines the effects produced on the human body in young sports men and woman

ABILITIES

- Applies first aid methods and techniques
- Applies evacuation protocols for the injured or wounded.

THE TRAINING EQUIPMENT- PREPARATION AND MAINTENANCE

KNOWLEDGE

- Knows about the range of equipment and materials available to carry out a successful training and the characteristics of them
- Knows how to deal with and maintain the equipment and other sport materials in order to implement good training and keep the equipment in good state

SKILLS

- Informs the trainees of the most suitable equipment and materials that should be used for each purpose
- Explains how to use the different materials and what they are for

ABILITIES

- Choose and justify the equipment and type of materials used when training and in order to develop the quality of the trainees

PSYCO-PEDAGOGIC BASIS OF TRAINING

KNOWLEDGE

- Describes the main psychological characteristics of children and youngsters and their influence in the beginning of sport practice
- Identifies the factors that improve the acquisition process of sports techniques
- Describes the teaching methods and systems of sports skills

SKILLS

- Uses the basic terminology of teaching theory
- Determines the role of the sports instructor in the acquisition of sports skills

ABILITIES

- Applies basic techniques in order to motivate young sportsmen and women

METHODS AND TECHNIQUES USED IN THE PRACTICE OF THE SPORTS DISCIPLINE

KNOWLEDGE

- Describes the basic elements of Handball strategy and techniques
- Determines the basic technical actions of Handball in the initiation phase

SKILLS

- Detects the most common mistakes in the execution of an specific basic technical action in Handball
- Is able to inform about the difficulties in executing an specific Handball exercise and knows the way to prevent mistakes or correct them

ABILITIES

- Shows the basic technical actions of Handball
- Uses the basic terminology of Handball technique and strategy

MONITORING AND ASSESSMENT OF THE TRAINING LEVEL IN A SPORTS DISCIPLINE

KNOWLEDGE

- Knows the labour regulations applicable to certified level 1 sports instructors
- Specifies the competences, functions, tasks and responsibilities for the certification of level 1 sports instructor in Handball
- Determines the basic system of Handball territorial organisation
- Describes the historical evolution of Handball in Spain

SKILLS

- Describes the legal requirements to carry out the profession
- Describes the learning process structure for Handball sports instructors in Spain

ABILITIES

- Implements the pertinent competences, functions, tasks and responsibilities for the certification of level 1 sports instructor in Handball in order to carry out the profession successfully

ENVIRONMENTAL AWARENESS

KNOWLEDGE

- Identifies social and cultural values that can be transmitted through sport

SKILLS

- Depicts the intervention models of sports instructors in the transmission of social values through sport
- Is able to transmit principles about the protection of the environment by promoting an environmentally friendly practice of Handball

ABILITIES

- Raises awareness about the responsibility of sports instructors in the transmission of social values and the respect for the environmentally friendly execution of sports