

## Course Description Form

1. Course Name

**Handball / defense and attack**

2. Course Code

**SETM26F3131**

3. Semester/Year

**2026 - 2025**

4. Date of preparation of this description

**February / 2026**

5. Available Attendance Forms

**In-person - electronic**

6. Number of credit hours (total) / number of units (total)

**2 hours**

7. Course administrator's name (if more than one name is mentioned)

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8. Course Objectives

**Course Objectives**

Introducing students to how team handball is organized through defensive and offensive formations and plans. - Emphasizing the importance of studying the subject, which is a subject that is notoriously categorized by the sectoral divisions of the College of Education and Sports Sciences at the Ministry of Higher Education and Sports. This course introduces students to distinct defensive methods and clearly distinguishes handball skills, as well as familiarizing them with some of the rules of international handball games that distinguish their abilities in any sporting activity, leading them to graduate as a teacher of education in all sports, serving the country in any sports organization or institution concerned with sports. It also teaches methods for team play, whether in specific or defensive situations. - Understanding the requirements of different games, such as defensive numbers in

handball, which are generally required to practice the game in the next stage. - James teaches this training course after graduation from college. This is the college's primary goal for graduating physical education teachers, as they will teach and train students in various sports activities and events.

9. Teaching and learning strategies

|          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
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| Strategy | <p><b>Cognitive Objectives</b></p> <p>1. By the end of the academic program, the student will be able to explain and perform all defensive and offensive handball formations. 2. By the end of the academic program, the student will be able to understand the rules, regulations, and requirements of the game. 3. By the end of the academic program, the student will be able to develop physical attributes, enhance motor skills, and improve mental abilities, which enhance concentration and develop the ability to think and observe. 4. By the end of the academic program, the student will be able to understand all handball game plans, both defensive and offensive. B. Course Skill Objectives By the end of the academic program, the student will be able to perform defensive formations for zonal handball defense. By the end of the academic program, the student will be able to perform man-to-man handball defense. By the end of the academic program, the student will be able to perform mixed handball defense. By the end of the academic program, the student will be able to perform quick individual, group, and team handball attacks. By the end of the academic program, the student will be able to perform quick individual, group, and team handball attacks. Able to perform offensive handball formations. By the end of the academic program, the student should be able to perform the basics of offensive handball play.</p> |
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## 10. Course Structure

| Evaluation method | Learning method | Required Learning Outcomes                                                     | Unit or subject name                                                                                    | Hours   | The week |
|-------------------|-----------------|--------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|---------|----------|
| Group Assessment  | Lecture Method  | Practical application and explanation of all defensive plans with the ball     | Game plans, including individual defensive plans, collective defensive plans, and team defensive plans. | 2 hours | 1        |
| Group Assessment  | Lecture Method  | Explaining this theoretically and through videos for students                  | Defense Methods and How to Choose Them.                                                                 | 2 hours | 2        |
| Group Assessment  | Lecture Method  | Explain and clarify this theoretically and practically on the handball field.. | How to defend the zone..                                                                                | 2 hours | 3        |
| Group             | Lecture         | Explain and clarify this                                                       | Zone defense                                                                                            | 2 hours | 4        |

|                       |                         |                                                                                                                |                                                             |         |    |
|-----------------------|-------------------------|----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|---------|----|
| Assessment            | Method                  | theoretically and practically on the handball field and implement it by the students.                          | formations (6-0)                                            |         |    |
| Group Assessment      | Advanced Lecture Method | Explain and clarify this theoretically and practically on the handball field and implement it by the students. | Zone defense formations (4-2)                               | 2 hours | 5  |
| Group Assessment      | Advanced Lecture Method | Explain and clarify this theoretically and practically on the handball field and implement it by the students. | Zone defense formations (5-1)                               | 2 hours | 6  |
| Group Assessment      | Advanced Lecture Method | Explain and clarify this theoretically and practically on the handball field and implement it by the students. | Zone defense formations (3-3)                               | 2 hours | 7  |
| Individual Assessment | Advanced Lecture Method | Explain and clarify this theoretically and practically on the handball field and implement it by the students. | Zone defense formations (3-2-1)                             | 2 hours | 8  |
| Individual Assessment | Advanced Lecture Method | Explain and clarify this theoretically and practically on the handball field and implement it by the students. | Zone defense formations (3-1-2)                             | 2 hours | 9  |
| Individual Assessment | Advanced Lecture Method | Explain and clarify this theoretically and practically on the handball field and implement it by the students. | Explaining open and closed defensive formations in handball | 2 hours | 10 |
| Individual Assessment | Advanced Lecture Method | Explain and clarify this theoretically and practically on the handball field and implement it by the students. | Man-to-man defense in all its forms                         | 2 hours | 11 |
| Group Assessment      | Advanced Lecture Method | Explain and clarify this theoretically and practically on the handball field and implement it by the students. | Mixed defense in all its form                               | 2 hours | 12 |
| Group Assessment      | Blended learning method | Explain and clarify this theoretically and practically on the handball field and implement it by the students. | Defense in special situations                               | 2 hours | 13 |
| Individual Assessment | Blended learning method | Explain and clarify this theoretically and practically on the handball field and implement it by the students. | Mastering defensive game plans                              | 2 hours | 14 |
| Self-Assessment       | Blended learning method | Practical exam on defensive formations (zone, man-to-man, and mixed)                                           | First semester theoretical exam                             | 2 hours | 15 |

|                       |                         |                                                                                                 |                                                                                                                                                                                                                                                            |         |    |
|-----------------------|-------------------------|-------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|----|
| Self-assessment       | Lecture Method          | Reiterate what was explained and remind students of the previous defensive operation.           | Welcoming students back after the break, reminding them and reiterating what was explained about defensive methods, preparing to enter the attacking side of handball, and the overlap between defense and attack. Giving an overview of handball offense. | 2 hours | 16 |
| Group Assessment      | Advanced Lecture Method | Practical application of handball attack                                                        | An overview of handball offense                                                                                                                                                                                                                            | 2 hours | 17 |
| Group Assessment      | Advanced Lecture Method | Practical application for each stage of the attack                                              | Explanation of the stages of offense                                                                                                                                                                                                                       | 2 hours | 18 |
| Group Assessment      | Advanced Lecture Method | Practical application for each stage of the attack                                              | Explanation of individual and group fast offense                                                                                                                                                                                                           | 2 hours | 19 |
| Group Assessment      | Advanced Lecture Method | Practical application for each stage of the attack                                              | Explanation of individual fast offense                                                                                                                                                                                                                     | 2 hours | 20 |
| Individual Assessment | Advanced Lecture Method | Practical application for each stage of the attack                                              | Explanation of group fast offense                                                                                                                                                                                                                          | 2 hours | 21 |
| Individual Assessment | Lecture method          | Practical application for each stage of the attack                                              | Fundamentals of Offensive Play                                                                                                                                                                                                                             | 2 hours | 22 |
| Individual Assessment | Blended learning        | Practical application of attack plans by students                                               | Offensive Play Plans                                                                                                                                                                                                                                       | 2 hours | 23 |
| Individual Assessment | Blended learning        | Practical application of attack plans by students                                               | Offensive Formations                                                                                                                                                                                                                                       | 2 hours | 24 |
| Individual Assessment | Blended learning        | Practical implementation of all attack methods by students                                      | Attacking style of play                                                                                                                                                                                                                                    | 2 hours | 25 |
| Individual Assessment | Blended learning        | Implementation of the attack status by students                                                 | Attack in special cases                                                                                                                                                                                                                                    | 2 hours | 26 |
| Individual Assessment | Blended learning        | Re-applying everything that was explained practically by the student individually and in groups | Re-explaining everything included in the handball attack, listening to students' inquiries and explaining them to them, along with                                                                                                                         | 2 hours | 27 |

|                 |                                                                           |  |                           |         |    |
|-----------------|---------------------------------------------------------------------------|--|---------------------------|---------|----|
|                 |                                                                           |  | video viewings of matches |         |    |
| Self-assessment | Second semester theoretical exam                                          |  |                           | 2 hours | 28 |
| Self-assessment | Practical exam on offensive plans                                         |  |                           | 2 hours | 29 |
| Self-assessment | Final practical exam for all defensive and offensive plans and formations |  |                           | 2 hours | 30 |

## 11. Course Evaluation

The grade is distributed as follows:

1. The mid-course exam consists of ( 50 ) degrees and is divided into: It is worth (50) points and is divided into: first and second courses, with (25) points for each course. – 10 theoretical points – 15 practical points.
2. The end of the course exam consists of ( 50 ) degrees and is divided into:  
(30) Final Practical Marks – (20) Final Theoretical Marks

## 12. Learning and Teaching Resources

|                                                                               |                                                                                                                                                                      |
|-------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Required textbooks (methodology, if any)                                      | Showing video lectures to students about matches, explaining the defensive and offensive methods in them, in addition to the formations that are applied in matches. |
| Key references (sources)                                                      | Handball – Daa Al-Khayat and Nofal Al-Hayali 2001                                                                                                                    |
| Recommended supporting books and references (scientific journals, reports...) | Nothing                                                                                                                                                              |
| Electronic references, websites                                               | Sites represented by the Specialized Handball Center and the International Handball Federation sites                                                                 |

Name and signature of the course holder

Name and signature of the head of  
the department or branch

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