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Misiunea noastră este să producem și să furnizăm publicații inovative, bazate pe informații recente, în toate ariile de interes ale motricității umane. Astfel, colecția Motricitate Umană își propune să pună la dispoziția publicului interesat o serie de titluri de carte privind activitățile motrice de performanță, studii privind rolul activității fizice în îmbunătățirea calității vieții, aplicarea exercitiului fizic în scop profilactic și terapeutic prin programe kinetice în diverse patologii, bazele anatomice, biomecanice și evaluarea funcțională a exercitiului fizic.

Colectia reunește o diversitate de publicații, incluzând cărți de interes general și publicații științifice de înaltă ținută – studii, prezentarea unor proiecte de cercetare, teze de doctorat, antologii, atlase, etc.

Membrii comitetului științific pot trimite propunerile de publicare și altor specialiști din domeniu.

Propunerile pentru publicare se vor adresa comitetului științific:
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ALEXANDRU ACSINTE

Theory and practice of handball

UNDERGRADUATE LEVEL COURSE - ERASMUS



Editura UNIVERSITARIA

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Objectives of the course

1. To train the ability to develop, implement, and monitor a program with well-defined purposes and objectives, using appropriate handball drills and methods;
2. To train the ability to apply the stages of the instructional-educational process correctly and appropriately (learning, consolidation, improvement, motor evaluation), in close collaboration with the pupil/athlete/group/organization, including: observation, evaluation, identification of movement and performance needs, goal formulation, planning, intervention implementation and result evaluation, to facilitate active participation according to their preferences;
3. To train the ability to put specific information and knowledge into practice, depending on socio-professional circumstances.

Competences covered by the course

- To know the handball terminology;
- To demonstrate the ability to use handball concepts appropriately;
- To understand the importance of handball;
- To demonstrate the ability to analyze and interpret situations in handball;
- To acquire reasoning, analysis, and evaluation skills for difficult situations in the teaching process of handball;
- To describe, explain, and demonstrate the specific contents of handball;
- To evaluate physical growth and development and motor quality according to specific handball requirements/objectives, attitude towards independent practice of this game.

Allocated time, forms of activity, forms of assessment, credits

Form of activity	Number of hours per semester	Number of credits
Practical courses	28	
Individual study	104	
Final assessment	Examination	Total credit validation: 5

Establishing the final grade

Form of assessment (Examination, Oral Examination practical examination, Assessment throughout the semester)

Type of examination (Written and Oral, Written Oral, Multiple choice test, etc.)		Points or percentage
GRADING	Multiple choice test /written examination	5 (50%)
	Assessment throughout the semester during the practical courses	5 (50%)
	TOTAL POINTS OR PERCENTAGE	10 (100%)

Average necessary time to learn each module

No. .	Name of the module	Average necessary time		
		IS	PC	Total
1.	Organizational structures of handball	26	4	30
2.	Description of handball	26	8	32
3.	Handball technique	26	8	32
4	Handball tactics	26	8	32
Total necessary time				132

Instructions for using the textbook

This textbook contains all the information that are necessary for the learning of the theories and methods regarding physical exercise and its specific application to physical education and sports.

The content is structured in modules, each module containing one or more study units, trying to structure and ease the reading of the textbook and the learning.

The following succession is recommended when reading the textbook:

1. The careful reading of each study unit and the consultation of the related bibliographical recommendations.
2. Reading the summary for each of the study units.
3. Doing the self-assessment tests (for each study unit).
4. Doing the self-assessment test (for each module).
5. Designing specific applications for the discipline.

Module I. Short history of the game

Purpose:

- To present the main historical data regarding the emergence of handball, both domestically and internationally;
- To present the main achievements obtained, as well as the emergence of the main governing bodies of handball.

Operational objectives:

After studying this course unit, students will be able to:

- analyze the most important historical landmarks regarding the emergence of handball;
- compare the main historical landmarks of the emergence of handball in our country with those internationally;
- appreciate the dynamics of the main achievements obtained by handball teams in Romania.

1.1. International guidelines

Compared to other sports, handball (and its practice) can be considered a young sport. The emergence of the 7-player handball game is usually traced back to the early 20th century in some European countries.

Professor Nielsen from Denmark drafted the first set of rules for the 7-player handball game, also known as indoor handball, in 1904, which was approved by the International Amateur Handball Federation in 1934.

The first international match took place in 1935 between Denmark

and Sweden, and the first World Handball Championship was held in 1938. In 1972, the 7-player handball game was introduced at the Olympic Games.

Denmark is considered the birthplace of the 7-player handball game, and its founder is Holger Nielsen, who introduced it in 1898 at the Ollerup School under the name Handbold. It was considered one of the most effective means of achieving physical education objectives due to its multifaceted influences. It was here that the first 7-player handball section in the world was established. On the other hand, Hans Peter Oppermann specifies that the 7-player handball originated in Germany on October 29, 1917, when Max Heiser improved the rules of a game involving throwing a ball into a goal called Torballspiel, from which the game was named handball. The game was played on a court measuring 20x40m, with goals of 2x2.5m. The rules stipulated that one should not run with the ball in hand or hold it for more than 5 seconds.

Carl Schelenz, a professor from Berlin, created the rules for the 11-player handball game in 1920, derived from another similar game called Torbal. The 11-player handball game was played on a soccer court measuring 60x110m, with goal dimensions similar to soccer and a semicircle marking the 11-meter area. The ball size was reduced from 70 cm to 60 cm in circumference. These rules were internationally adopted in 1920, leading to the conclusion that handball is a German sport. By 1925, there were 1,282 teams in Germany, and by 1929, there were already 8,100 teams. This growth was attributed to the establishment of the National German Championship in 1921. The first international match took place in Austria (Austria vs. Germany) with a score of 5:4, while according to other sources, Austria won 6:3.

At the Berlin Olympics in 1936, the 11-player handball game was introduced for the first time. Six teams participated in this Olympic tournament, with the following rankings: 1 Germany, 2 Austria, 3 Switzerland, 4 Hungary, 5 Romania, 6 USA.

At the end of the 19th century, similar games appeared in other countries as well. In the Czech countries, physical education teachers sought games that would satisfy the youth's desire for movement, competition, and equally engage the lower and upper body.

Thus, the game called HAZENA emerged, for which Professor Vaclav Karas published the game's regulations in 1905. Thanks to the new regulations presented by Professor Antonin Kristof, the Hazena game spread to numerous countries. Between 1921-1925, Hazena was practiced in Belgium, Romania, the USA, Poland, England, Bulgaria, India, among others. The first international games took place in 1921 in Paris, and in 1930, the first Hazena World Championship was held in Prague.

From the above, it can be concluded that the game of handball appeared in various countries, approximately during the same period, because of the efforts of physical education teachers to introduce a sport with multiple effects into schools that would satisfy the youth's desire for movement. For the management of international handball activities, the International Handball Federation was established, initially under the International Basketball and Volleyball Federation and then independently.

Since 1938, the International Handball Federation has been organizing both the 7-player and 11-player Handball World Championships simultaneously.

At the 1938 11-player Handball World Championship held in Germany, 10 teams participated, with the following rankings: 1 Germany, 2

Switzerland, 3 Hungary, 4 Sweden, 5 Romania, 6 Czechoslovakia, 7 Poland, 8 Denmark, 9 the Netherlands, 10 Luxembourg. The war interrupted international handball activity.

In 1946, at the Congress in Copenhagen, the International Handball Federation was dissolved, and the IHF was established. This opened new perspectives for the development of handball worldwide. The second 11-player Handball World Championship took place in Paris in 1948, won by Sweden. In 1949, the first Women's 11-player Handball World Championship was held in Hungary, won by Hungary. In 1952, the third 11-player Handball World Championship was organized in Switzerland, with West Germany becoming the world champion.

The second edition of the 7-player Handball World Championship for men took place in Sweden in 1954, with Sweden taking first place. In Frankfurt on Main, in 1956, the second Women's 11-player World Championship took place, with Romania becoming the world champion.

The first Women's 7-player Handball World Championship took place in 1957. Until then, the two games, 7-player and 11-player handball, ran in parallel. In 1966, the last edition of the 11-player Men's World Championship was organized in Austria. Since then, only 7-player handball competitions have been organized. At the Munich Olympic Games in 1972, the 7-player handball game was present for the first time in men's teams, and the women's teams were present for the first time at the Montreal Olympic Games in 1976. Subsequently, both men's and women's World Championships and Olympic tournaments have been regularly organized.

1.2. National guidelines

The earliest records indicate that Hazena was played in our country before and after World War I. The 11-player handball game is reported in 1922 in Sibiu, where a game was organized between two school teams. It seems that the game was brought to our country by students studying abroad.

In 1928, handball competitions were organized in Sibiu, Brasov, Bistrita, Medias, and Sighișoara, and the first women's handball team was established in Reghin. In 1930, Romania became a member of the IHF.

Around 1933, competitions were organized in Transylvanian cities, and handball teams were established in Lugoj, Resita, Bucharest, Ploiesti, Bacau, Galati, and Piatra Neamt. In the same year, the Romanian Basketball and Volleyball Federation also took over the handball activity.

The first international games in Romania took place in 1935 when a student team from Munich played four games.

In 1936, the country's first representative team was formed, participating in the Berlin Olympics, and finishing 5th. In 1948, Romania joined the IHF.

In 1949, the first post-war international matches for both men and women took place in Timisoara, along with the first edition of the Romanian Men's 11-player Handball Cup.

The Division A for men's teams was established in 1950 for 11-player handball, and the first handball coaching course with 40 physical education teachers was organized.

In 1950, the first indoor handball competition for men's teams took place in Timisoara.

In 1951, the 7-player handball game was played internationally in Bucharest. The final match against Czechoslovakia was won 14-13. Also, in the same year, the first indoor handball games were organized in Bucharest.

Subsequently, the RHF Cup for indoor handball was organized to provide better training for 11-player handball teams during the winter.

This marked the beginning of practicing the 7-player handball game in our country.

In 1956, the Romanian women's team became World Champion in 11-player handball in Frankfurt on Main.

Starting from this year, Romanian handball gained worldwide recognition for an extended period, both in women's and men's categories. In 1957, the Republican Championship for 7-player handball for both men and women and the first international games were organized.

The Romanian men's team participated for the first time in the 7-player Handball World Championship in 1957.

In 1959, at the 11-player Handball World Championship, the Romanian men's team ranked second.

In 1960, at the World Championship in the Netherlands, the Romanian women's team won the 11-player handball title for the second time.

The Romanian men's team won the World Championship in 7-player handball in 1961 in West Germany, and the women's team from Știința Bucharest won the first edition of the European Champions Cup.

In 1962, the Romanian women's team won the 7-player handball World Championship.

In 1964, the men's 7-player handball team won the World Championship in Czechoslovakia, and the "Rapid" Bucharest women's team won the European Champions Cup in 7-player handball.

In 1965, "Dinamo" won the European Champions Cup in 7-player handball.

In 1968, "Steaua" won the EHF Cup.

In 1970, the Romanian men's team won the World Championship for the third time in France, and in 1974, they became World Champions for the fourth time in East Germany.

Subsequently, more modest results were achieved: in 1977, Steaua won the EHF Cup at the Moscow Olympics, the boys ranked third in 1995 and 1999, and the girls were youth champions.

All these achievements are added to the recent significant titles obtained by the Romanian women's national team, namely, the World Vice-Champion in 2005. Additionally, the participation of Romanian men's teams in EHF competitions such as Fibrex Nylon Savinesti, HCM Constanta, Steaua Bucharest, Dinamo Bucharest, and CS Resita must be emphasized. .

A brief overview of the successes of Romanian handball leads us to the conclusion that their track record is commendable.

WOMEN'S

- Edition II - 1962 in Romania, 1st place - World Champions;
- Edition IV - 1971 in the Netherlands, 4th place;
- Edition V - 1973 in Yugoslavia, 2nd place - Vice World Champions;
- Edition VI - 1975 in the USSR, 4th place;
- Edition VIII - 1982 in Hungary, 5th place;
- Edition IX - 1986 in the Netherlands, 5th place;
- Edition XI - 1993 in Norway, 4th place;
- Edition XIV - 1999 in Nor-Dan, 4th place;