

<b>Subject</b>	<b>Team Sport I (Football-Basketball)</b>		
<b>Type</b>	Type	Semester	ECTS
	MANDATORY (M)	I	4
<b>Course Lecturer</b>	Dr.Sc. Agron Thaqi & Sami Sermaxhaj		
<b>Goals and objectives</b>	The purpose of the course is to provide students with the basic theoretical and practical knowledge of team sports (football and basketball) in order to expand both the general culture of sports and team sports in particular. Furthermore, during this course students will acquire technical-tactical and relational knowledge useful in different professional environments (such as in school, sports clubs and federations).		
<b>Learning outcomes</b>	<p>After completing the course(s), students will:</p> <ul style="list-style-type: none"> <li>✓ To have knowledge about the origin of football and basketball;</li> <li>✓ Demonstrate a thorough understanding of the rules of football and basketball;</li> <li>✓ Understand and apply offensive and defensive positioning and movement principles;</li> <li>✓ Apply theoretical and practical knowledge in a final practical evaluation;</li> <li>✓ Have basic knowledge of performance analysis in team sports (football and basketball).</li> </ul>		
<b>Content</b>	<b>Java</b>	<b>Topics</b>	
	1	<b>Syllabus Presentation</b>	
	2	History of Football; Game rules.	
	3	Tasks and basic methods of practicing in football;	
	4	Technical elements without the ball in football.	
	5	Technical elements with the ball in football (Passing and receiving the ball)	
	6	Technical elements with the ball in soccer (Dribbling, ball control, shots)	
	7	Goalkeeper technique	
	8	<b>Mid-exam – 1</b>	
	9	The rules of the game of basketball and their evolution	
	10	Basic stances in attack and defense	
	11	Dribbling	
	12	Passing the ball	
	13	Shootings	
	14	Team game with tactical concepts of basketball game	
15	<b>Mid-exam – 2</b>		
<b>Teaching/learning methods</b>	Activity		Weight (%)
	Lectures		30%
	Laboratory		40%
	Research		20%
	Independent and group learning		10%
<b>Methods of Evaluation</b>	<b>Methods of evaluation:</b>		%
	o Class participation and discussions		15%
	a) Medium-term exam-1		30%
	b) Medium term exam - 2		30%
	o Individual and group work		15%
	o Project		10%
<b>Sources</b>	<b>Sources</b>		<b>Number</b>
	Lectures		1
	Presentations		1
	Web of Science		1
	PubMed		1
	Scopus		1
<b>ECTS Workload</b>	<b>Activity</b>	<b>Weekly hours</b>	<b>Workload</b>
	Lectures	1	12
	Lab	2	24

	Course project	n/a	24
	Independent learning	n/a	40
<b>Literature</b>	<ul style="list-style-type: none"> <li>• History of Football: The Beautiful Game (2002 Documentary Series)</li> <li>• The Ball is Round: A Global History of Football – David Goldblatt (2008)</li> <li>• Laws of the Game 2020/2021</li> <li>• Sermaxhaj, S. Futbolli(Përgatitja fizike, tekniko-taktike dhe udhëheqja e ekipit), Prishtinë, 2021.</li> <li>• Gjinolli E., Sokoli B.: Futboll-teoria dhe metodika, FKF, Prishtinë, 2001.</li> <li>• Jarani, J. Çaçani, E. ABC e Basketbollit; teknika drejt suksesit. Tiranë, 2011.</li> <li>• Nixha, M. Basketboll, Bazat dhe loja ekipore. UP-FKF, Prishtinë, 2003.</li> <li>• Gamble, P. (2013). Strength and conditioning for team sports: sport-specific physical preparation for high performance. Routledge.</li> <li>• Agron Thaqi, Bylbyl Sokoli. (2019). Differences Between Motor Abilities of First and Second League Soccer Players in Kosovo Eurasian Journal of Sport Sciences and Education.Vol; 1: <a href="http://www.dergipark.gov.tr/ejsse">http://www.dergipark.gov.tr/ejsse</a></li> <li>• Myftiu A, Thaqi A. The relationship between game success indicators in the FIFA World Cup – Qatar 2022: An elastic-net regularization approach. Pedagogy of Physical Culture and Sports, 2023;27(6):474–480. <a href="https://doi.org/10.15561/26649837.2023.0605">https://doi.org/10.15561/26649837.2023.0605</a></li> </ul>		
<b>Ethical standards</b>	This course follows the UBT College Code of Ethics, requiring all students to behave accordingly. Any instance of academic misconduct, including but not limited to fraud, plagiarism, or other forms of dishonesty, will lead to significant penalties like failure of specific assessment or the entire course, as well as further disciplinary measures in line with UBT College's academic integrity policies.		
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