

# Beginning Team Handball

## KIN 16A

Fall 2025 Section 01 In Person 1 Unit(s) 08/20/2025 to 12/08/2025 Modified 07/29/2025

### Contact Information

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Office: SPX 107A

Office Hours: T-Th 1:30-2:20 pm

### Course Description and Requisites

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Development of beginning team handball skills. Knowledge and skills commensurate with playing beginning team handball. Improves the health-related components of fitness through a variety of drills and plays. Also provides an overall historical background of the sport of team handball.

Letter Graded

### \* Classroom Protocols

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- Students are expected to arrive on time and participate fully in all activities throughout the class period. Your participation will be assessed and formulated into your final grade.
- Proper 'team handball attire' is expected - if you have questions regarding this, please come see me.
- If you are sick and physically unable to come to class, please email me in advance considering participation is a large portion of your overall grade.
- Turn the cell phone off and put it away for the duration of the class. Interactions with classmates and the instructor are expected to be respectful at all times.
- Recording class: Instruction may not be recorded. If classmates ask you to record their performance for later review make sure it is done before or after class rather than during class. Do not post or otherwise share the recording.
- Intellectual property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor's intellectual property and cannot be shared or uploaded in any form publicly without the instructor's approval.

- If you have pre-existing medical or physical problems you should consult your physician before participating in this class and alert the instructor to any required limitations.
- Report any accidents to the instructor immediately.
- Exam & Skill Tests may NOT be made up, unless under extreme circumstances in which have been communicated and approved by me in advance

## Program Information

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The Department of Kinesiology is committed to developing and implementing equitable curricula and teaching practices that reflect the diversity of our student body and departmental core values. The faculty strives to foster an inclusive learning environment where all students feel valued, supported, welcomed, and empowered to succeed in ALL classes. All students, inclusive of all, but not limited to ethnicities, socioeconomic and cultural backgrounds, gender identities and expressions, castes, religions, ages, sexual orientations, abilities, bodies, political affiliations, statuses, and nationalities, are encouraged to share their rich array of perspectives and experiences. KIN department faculty, staff, and students all have something of value to contribute. Everyone is expected to respect differences and demonstrate diligence in understanding how others' perspectives, behaviors, and views may be different from theirs.

## Course Goals

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Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skills tests, and written exams:

- Knowledge of fundamental skills, rules, and techniques of team handball.
- Proficiency in execution of the team handball skills covered.
- An understanding of the history, rules, strategies, safety and etiquette associated with team handball, as well as some of the greatest, most influential players to play the game.
- An understanding of the mental and physical health benefits to be derived from team handball.
- An appropriate level of proficiency in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.

## Course Learning Outcomes (CLOs)

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### Physical Education Requirement

SJSU's physical education graduation requirement reflects the conviction that educating the whole student, both mind and body, is critical. This two-unit requirement is designed to enhance learning and student success while laying a foundation for lifelong health and well-being. Students may satisfy this requirement by taking two distinct 1-unit activity courses or by taking a single activity course of two or more units.

### Physical Education Learning Outcomes

Upon successful completion of the PE requirement, students should be able to:

Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.

Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.

Identify and/or explain the benefits of physical activity as related to physical and mental health.

## Course Materials

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This course does not require any textbooks, all assignments and required readings will be posted on Canvas.

## Grading Information

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### Criteria

#### Grading Scale:

97% - 100% - A+	87% - 89% - B+	77% - 79% - C+	67% - 69% - D+
93% - 96% - A	83% - 86% - B	73% - 76% - C	63% - 66% - D
90% - 92% - A-	80% - 82% - B-	70% - 72% - C-	60% - 62% - D-
			Below 60% - F

### Breakdown

- 40% Participation/Quizzes
- 40% Skills Tests
- 20% Final Project

## University Policies

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Per [University Policy S16-9 \(PDF\)](http://www.sjsu.edu/senate/docs/S16-9.pdf) (<http://www.sjsu.edu/senate/docs/S16-9.pdf>), relevant university policy concerning all courses, such as student responsibilities, academic integrity, accommodations, dropping and adding, consent for recording of class, etc. and available student services (e.g. learning assistance, counseling, and other resources) are listed on the [Syllabus Information](https://www.sjsu.edu/curriculum/courses/syllabus-info.php) (<https://www.sjsu.edu/curriculum/courses/syllabus-info.php>) web page. Make sure to visit this page to review and be aware of these university policies and resources.

# Course Schedule

When	Topic	Notes
<b>Class</b> Week 1 SPX 107A	Syllabus & Class Intro	8/21 – Syllabus & Class Intro
<b>Class</b> Week 2 SPX 107A	Passing and Catching	8/26 - Introduce Passing and Catching  8/28 - Passing and Catching. Piston movement
<b>Class</b> Week 3 SPX 107A	Passing and Catching	9/2 - Skills Test #1: Passing and Catching. Quiz #1: Rules 1 and 2  9/4 - History, Rules, Teams Formation, Project Kick-Off
<b>Class</b> Week 4 SPX 107A	Piston Movement	9/9 - Introduce Piston Movement  9/11 - Piston Movement in Offense
<b>Class</b> Week 5 SPX 107A	Piston Movement	9/16 - Review Passing w/ Piston Movement. Quiz #2: Rules 4 and 5  9/18 - Skills Test #2: Piston Movement
<b>Class</b> Week 6 SPX 107A	Shooting	9/23 - Introduce Shooting Techniques  9/25 - Shooting Form for specific positions
<b>Class</b> Week 7 SPX 107A	Shooting	9/30 – Shooting. Introduce Goalkeeping. Quiz #3: Rules 6 and 7  10/2 - Skills Test #3: Shooting
<b>Class</b> Week 8 SPX 107A	Defense	10/7 - Goalkeeping and Defense  10/9 - Defense Combinations
<b>Class</b> Week 9 SPX 107A	Defense	10/14 - Defense in transition. Quiz #4: Rules 9 and 10  10/16 - Project Check-In
<b>Class</b> Week 10 SPX 107A	Transitions	10/21 - Individual offense, 2 on 1, 3 on 2  10/23 - Offense 1 on 1, 2 on 2. Quiz #5: Rules 11 and 12
<b>Class</b> Week 11 SPX 107A	Transitions	10/28 - Introduction to Transitions and team offense  10/30 - Defensive Strategies - 6-0, 5-1, 4-2, 3-3

When	Topic	Notes
<b>Class</b> Week 12 SPX 107A	Offense Combinations	11/4 - Intro. to Offense Combinations. Quiz #6: Rules 13 and 14  11/6 - Offense Combinations. Skills Test #4: Defense
<b>Class</b> Week 13 SPX 107A	Offense Combinations	11/11 - Offense Combinations  11/13 - Tournament - Round Robin Day 1
<b>Class</b> Week 14 SPX 107A	Tournament	11/18 - Tournament - Round Robin Day 2  11/20 - Tournament - Round Robin Day 3
<b>Class</b> Week 15 SPX 107A	Thanksgiving	11/25 - Online Game Watch  11/27 - Thanksgiving
<b>Class</b> Week 16 SPX 107A	Last Day of Classes	12/2 – Tournament Championship  12/4 – Last Day of Classes, Project Check-In
<b>Final</b> SPX 107A	Project Presentation	12/16 - From 1:00 to 3:00 pm