COURSE DESCRIPTION CARD - SYLLABUS

Course name
Football [C_CS>PN15]

Course

Field of study
Architecture

Year/Semester
1/2

Area of study (specialization)
Bionics and Virtual Engineering
Technical Electrochemistry
Production Informatics and Robotics
Production Informatics
Engineering of Implants and Prosthesis
Construction Engineering and Management
Composites and Nanomaterials
Machine Design
Structural Engineering
Mechatronic System Design
Supply Chain Logistics
Corporate Logistics
Metal and Plastics Materials
Nanomaterials
Aircraft Piloting
Aircraft Engines and Airframes
Logistics Systems
Onboard Systems and Aircraft Propulsion
Production Systems
Organic Technology
Polymer Technology
Medical and Rehabilitation Devices
Virtual Engineering
Heating, Air Conditioning and Air Protection
Water Supply, Water and Soil Protection
Managing Enterprise of the Future
Enterprise Resource and Process Management
Integrated Work Safety Management
null

Profile of study
general academic

Level of study
first-cycle

Course offered in
polish

Form of study
full-time

Requirements
elective

Number of hours

Lecture
0

Laboratory classes
0

Other (e.g. online)
0

Tutorials
15

Projects/seminars
0

Number of credit points

0,00

Coordinators	Lecturers
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Prerequisites

No health contraindications. Sports attire, changeable footwear (ban on playing in "traffic jams"), activities on the outdoor pitch are obligatory

Course objective

Promoting a healthy lifestyle. Learning and improving technical elements in the field of football. Developing general and special fitness in the field of football. Improving fitness and coordination An active form of spending free time

Course-related learning outcomes

Knowledge:
Knowledge of the rules of the game and sports regulations in relation to the selected discipline as part of Physical Education classes.
Knowledge of the principles of conducting exercise classes.
Skills:
The ability to independently assess the situation during classes based on regulations and rules in a specific discipline.
Ability to independently conduct a warm-up based on the assumptions of the class program.
The ability to adapt difficulties to individual needs during classes.
The ability to objectively assess oneself and react to its results in relation to the requirements set for oneself.
Competencies:
The student gains awareness of his or her body to skillfully select exercises to shape and develop it properly.
The student acquires the ability to work in a group by analyzing together, selecting exercises, discussing problems and assessing progress.
The student acquires organizational skills in conducting classes and organizing basic sports competitions (matches, tournaments, etc.) in accordance with applicable regulations and fair play principles.

Methods for verifying learning outcomes and assessment criteria

Learning outcomes presented above are verified as follows:

Credit based on attendance in classes
Assessment of involvement and activity

Programme content

- preparation for classes, the ability to conduct a warm-up
- teaching and improving receptions, passes and strokes of the ball
- different forms of the game (simplified, proper)
- organization of competitions, familiarization with the systems of
 competitions
- knowledge of the rules and refereeing

Teaching methods

- theory, talk
- task force

- proper

Bibliography

1. Talaga J., Technika piłki nożnej. Biblioteka Trenera, Warszawa 1996.
2. Talaga J., Taktyka piłki nożnej. Biblioteka Trenera, Warszawa 1997.
3. Talaga J., Trening piłki nożnej. Biblioteka Trenera, Warszawa 1997.

Breakdown of average student's workload

	Hours	ECTS
Total workload	15	0,00
Classes requiring direct contact with the teacher	15	0,00
Student's own work (literature studies, preparation for laboratory classes/ tutorials, preparation for tests/exam, project preparation)	0	0,00