



## COURSE DESCRIPTION CARD - SYLLABUS

Course name

Football [C\_CS>PN15]

### Course

Field of study

Technical Physics

Year/Semester

2/3

Area of study (specialization)

–

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

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### Lecturers

mgr Karol Hejne

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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