COURSE DESCRIPTION CARD - SYLLABUS

Course name
Football [C_CS>PN30_Z2]

Course

Field of study
Cybersecurity

Year/Semester
1/1

Area of study (specialization)
Air Transport Safety
Unmanned Aerial Vehicles
Technical Electrochemistry
Composites and Nanomaterials
Air Traffic Organisation
Aircraft Piloting
Aircraft Engines and Airframes
Onboard Systems and Aircraft Propulsion
Organic Technology
Polymer Technology
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
0

Tutorials
30

Projects/seminars
0

Number of credit points

0,00

Coordinators

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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 For those interested in individual development, we offer participation in training sessions of the sports section of the AZS PP University Club and participation in tournaments organized as part of academic competitions.

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.

Social competences:
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:

Completing the course is achieved through active and regular participation in classes. Two absences are possible without the obligation to make up or justify 30 hours per semester.
The student is obliged to make up for remaining absences and short-term sick leave in consultation with his/ her teacher.
It is possible to complete two classes a week.
You can participate in physical education classes no more than once a day. Classes must be made up on a day other than the scheduled classes.

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

Course topics

1. Learning to warm up - several rounds of running on the pitch at different paces - from slow to fast.
2. Shots on goal at various targets, e.g. shots from outside the penalty area, shots on the ground, etc.
3. Passing ; accuracy of passes to designated targets.
4. Mini matches: dividing the team into smaller groups and playing several mini matches on a small pitch, which will allow for a better understanding of tactics and cooperation with partners.
5. Quick passes
6. Short pass - through a short and precise movement, the ball is passed to a player close to you.
7. Long pass - involves passing the ball from a greater distance, often performed with a strong hit.

8. Lobbed pass - the ball is thrown over opponents to reach a teammate.
9. Passing in the middle - allows you to maintain control of the game and start the offensive action from the best position.
10. Finishing pass - a final pass to a player in a favorable goal-scoring position, with the aim of scoring a goal.
11. Side pass - passing the ball to a side player in order to start an attack from another side of the field.
12. Side pass - passing the ball to the outer area to stretch the opponent's defense and create space for other players.
13. Regulations and organization of the competition

Teaching methods

- theory, talk
- task force
- proper

Bibliography

Basic:
1. Talaga J., Technika piłki nożnej. Biblioteka Trenera, Warszawa 1996.
2. Talaga J., Taktyka piłki nożnej. Biblioteka Trenera, Warszawa 1997.

Additional:
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Breakdown of average student's workload

	Hours	ECTS
Total workload	30	0,00
Classes requiring direct contact with the teacher	30	0,00
Student's own work (literature studies, preparation for laboratory classes/ tutorials, preparation for tests/exam, project preparation)	0	0,00