

**DEPARTMENT OF PHYSICAL EDUCATION AND SPORT
SUBJECT CARD**

Name in Polish	: PILKA NOŻNA (SEKCJA)
Name in English	: FOOTBALL (VARSITY DIVISION)
Level and form of studies	: 1st and 2nd level, full-time
Profile	: academic, practical
Kind of subject	: optional, university-wide
Subject code	: WFW036024
Group of courses	: NO

	Lecture	Classes	Lab.	Project	Sem.
Number of hours of organized classes in University (ZZU)		60			
Number of hours of total student workload (CNPS)		60			
Form of crediting		Crediting with grade			
For group of courses mark (X) final course					
Number of ECTS points		0			
including number of ECTS points for practical (P) classes		0			
including number of ECTS points for direct teacher-student contact (BK) classes		0			

PREREQUISITES RELATING TO KNOWLEDGE, SKILLS AND OTHER SOCIAL COMPETENCES

1. No health contradictions against participation in academic football games.
2. Competitive football experience.
3. Verification by the coach during the first training.
4. Obligatory membership of AZS and AKS PWr following qualification to the varsity in order to represent the University in sport competitions.

SUBJECT OBJECTIVES

- C1: Selection of the best players so that they can represent the university at AMP in football.
 C2: Mastering individual and team tactics.
 C3: Achieving team peak form for AMP.

SUBJECT EDUCATIONAL EFFECTS

Relating to knowledge:

- PEK_W01: Students know the FIFA training system which prevents football injuries in – “manual 11+”.
 PEK_W02: Students know football tactics systems.

Relating to skills:

- PEK_U01: Students know what to do in attack and defence positions.
 PEK_U02: Students can play fast break attack.
 PEK_U03: Students know set piece play.
 PEK_U04: Students can use individual and team tactics during sport competitions.

Relating to social competences:

- PEK_K01: Students are aware of the preventive role of participation in mass physical culture in health care.
 PEK_K02: Students participate in recreational football games and observes “fair play” rules.

PROGRAMME CONTENT		
Form of classes - lecture		Number of hours
Cl. 1	Fitness testing – BMI, BEEP-TEST.	2
Cl. 2-10	Motor skills training – special endurance, strength and speed.	18
Cl. 11	Control tests – BEEP-TEST, SPARRING.	2
Cl. 12-16	Attack and defence tactics.	8
Cl. 17	Test matches.	6
Cl. 18-22	Set-piece.	8
Cl. 23-30	Training and school matches to master the learnt game elements.	16
	Total hours	60

TEACHING TOOLS USED
N1. Training methods: drills, tasks, short games, school games and sparring. N2. Teacher's (student's) presentation. N3. Multimedia presentation. N4. Lecture.

EVALUATION OF SUBJECT EDUCATIONAL EFFECTS ACHIEVEMENT		
Evaluation: F – forming (during semester), C – concluding (at semester end).	Educational effect number	Way of evaluating educational effect achievement
F1	PEK_W01, W02	Oral explanation.
F2	PEK_U01, U02, U03, U04	Player's observation sheet during competitions.
C: Attendance, activity and conduct during sport competitions, an observation sheet.		

PRIMARY AND SECONDARY LITERATURE
<u>PRIMARY LITERATURE:</u> [1] Stępiński M., Paluszek K.: <i>Atlas środków doskonalących uderzenia i przyjęcia piłki</i> . Wydawca ANTEX. 2008. [2] Stępiński M., Paluszek K.: <i>Trening pozycyjny w piłce nożnej</i> . Wydawnictwo MWW. 2011.
<u>SECONDARY LITERATURE:</u> [1] www.footballtrening.pl : <i>Portal dla trenerów piłki nożnej</i> . [2] www.fifa.com : <i>Materiały szkoleniowe portalu internetowego</i> .

SUBJECT SUPERVISOR (NAME AND SURNAME, E-MAIL ADDRESS)
Jerzy Śliwiński, jerzy.sliwinski@pwr.edu.pl