

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

**Name in Polish** : FUTSAL  
**Name in English** : FUTSAL  
**Level and form of studies** : 1<sup>st</sup> level, full-time  
**Profile** : academic, practical  
**Kind of subject** : optional, university-wide  
**Subject code** : WFW036025  
**Group of courses** : NO

	Lecture	Classes	Lab.	Project	Sem.
Number of hours of organized classes in University (ZZU)		30			
Number of hours of total student workload (CNPS)		30			
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. Absence of medical contraindications to take active part in physical education activities.
2. Knowledge of basic football rules.
3. Proper sport clothes and trainers.

**SUBJECT OBJECTIVES**

- C1: Improving general endurance and endurance related to futsal.  
 C2: Getting acquainted with basic technical and tactical skills : receiving and passing using the inside of your foot, dribbling with the inside of your shoes, kicking the ball with the tip of your shoes, fast attack possibilities.  
 C3: Getting familiar with futsal rules.

**SUBJECT EDUCATIONAL EFFECTS**

**Relating to knowledge:**

PEK\_W01: a student knows the training FIFA system preventing injuries while playing football - "manual 11+".  
 PEK\_W02: a student knows the futsal rules.

**Relating to skills:**

PEK\_U01: a student can receive and dribble the ball with the inside of the shoe – L and R leg.  
 PEK\_U02: a student can a play fast attack.

**Relating to social competences:**

PEK\_K01: a student is aware of importance of participation in ProHealth in mass physical activities.  
 PEK\_K02: a student takes active part in futsal competitions.

<b>PROGRAMME CONTENT</b>		
<b>Form of classes - lecture</b>		<b>Number of hours</b>
Cl. 1	Safety rules, requirements for passing a course, the football rules, BEEP-TEST, evaluation of the output of general endurance.	2
Cl. 2-2	Special endurance work out, mastering skills in dribbling with the inside of the shoe, situational kicking with the tip of the shoe	8
Cl. 6-8	Fast attack schemes: 2x1, 3x1, 3x2.	6
Cl. 9-10	Playing a fast attack in different match situations .	4
Cl. 11-13	Proper game	6
Cl. 14	BEEP TEST – comparing the effects of work and endurance increase during the semester.	2
Cl. 15	Grading	2
<b>Total hours</b>		<b>30</b>

<b>TEACHING TOOLS USED</b>
N1. Exercises. N2. Trainer's demonstration (student's). N3. Multimedia presentation. N4. Lecture.

<b>EVALUATION OF SUBJECT EDUCATIONAL EFFECTS ACHIEVEMENT</b>		
<b>Evaluation:</b> F – forming (during semester), C – concluding (at semester end).	<b>Educational effect number</b>	<b>Way of evaluating educational effect achievement</b>
F1	PEK_W01, W02	Oral answers, demonstration.
F2	PEK_U01, U02	Test.
<b>C:</b> Attendance, participation and attitude in class and a grade average of F1 and F2.		

<b>PRIMARY AND SECONDARY LITERATURE</b>
<b><u>PRIMARY LITERATURE:</u></b> [1] Stępiński M., Paluszek K.: <i>Atlas środków doskonalących uderzenia i przyjęcia piłki</i> . Wydawca ANTEX. 2008. [2] Valdericeda F.: <i>Futsal taktyka i ćwiczenia taktyczne</i> . Wydawnictwo HM. 2011.
<b><u>SECONDARY LITERATURE:</u></b> [1] <a href="http://www.footballtrening.pl">www.footballtrening.pl</a> : Portal dla trenerów piłki nożnej. [2] <a href="http://www.fifa.com">www.fifa.com</a> : Materiały szkoleniowe portalu internetowego

<b>SUBJECT SUPERVISOR (NAME AND SURNAME, E-MAIL ADDRESS)</b>
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