

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

Name in Polish : UNIHOKEJ
Name in English : FLOORBALL
Level and form of studies : 1st level, full-time
Profile : academic, practical
Kind of subject : optional, university-wide
Subject code : WFW036042
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 participate actively in the classes.
2. Proper outfits and sport shoes.

SUBJECT OBJECTIVES

- C1: Getting know the rules, regulations, and specifics of playing indoor hockey.
 C2: Getting acquainted with basic technical elements of the game.
 C3: Development of motor skills required in the game - dynamic force, speed, strength run, agility.
 C4: Developing specific features of character required for indoor hokey - cooperation in group, submission of own purposes to group (team) ones, orientation on a field, ability to anticipate.

SUBJECT EDUCATIONAL EFFECTS

Relating to knowledge:

PEK_W01: A student knows the rules and regulations of playing indoor hockey and history of the discipline.
 PEK_W02: A student knows how to use and apply basic technical elements of indoor hockey

Relating to skills:

PEK_U01: A student knows how to perform basic technical elements of the game.
 PEK_U02: A student can apply simple tactical variations both in the offence and defense of the game.

Relating to social competences:

PEK_K01: A student has an awareness of physical activity importance for lifelong physical and mental health.
 PEK_K02: Promotes social and cultural importance of sport and physical activity, takes care of her/his own preferences in the field of physical culture, works in a team, participates in competitive sports, applies the principles of fair play.

PROGRAMME CONTENT		
Form of classes - lecture		Number of hours
Cl. 1	Principles and rules of the game, history of the discipline.	2
Cl. 2	Getting know the equipment, proper position of a player, holding a stick, juggling a ball.	4
Cl. 3	Learning how to take a ball and give it using forehand and backhand.	4
Cl. 4	Improving passes in the run with changes of direction and pace of the run.	4
Cl. 5	Shots on a goal - forehand and backhand - learning and improvement.	6
Cl. 6	Game 1 on 1 - dribbling	4
Cl. 7	Fastbreak - game in advantage.	2
Cl. 8	Playing positional attack.	2
Cl. 9	Use of known elements in the proper game.	2
Total hours		30

TEACHING TOOLS USED
N1. Practical exercises. N2. Trainer's demonstration (student). N3. 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 answer, test.
F2	PEK_U01, U02	Demonstration, test.
C: Attendance, activity and attitude in classes including arithmetic mean derived from F1 and F2.		

PRIMARY AND SECONDARY LITERATURE
<u>PRIMARY LITERATURE:</u> [1] Starzyńska S., Tywoniuk-Małysz A.: <i>Unihokej: podstawy technik i taktyki w ćwiczeniach, grach i zabawach.</i> Polska Federacja Unihokeja-Floorball, 1998.
<u>SECONDARY LITERATURE:</u> [1] Kałużny K.: <i>Unihokej gry i zabawy ruchowe.</i> Wrocław: Wydawnictwo AWF, 2010.

SUBJECT SUPERVISOR (NAME AND SURNAME, E-MAIL ADDRESS)
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