

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

Name in Polish	: UNIHOKEJ (SEKCJA)
Name in English	: FLOORBALL (VARISTY DIVISION)
Level and form of studies	: 1 st and 2 nd level, full-time
Profile	: academic, practical
Kind of subject	: optional, university-wide
Subject code	: WFW036045
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. There are no medical contraindications to participate actively in indoor hockey trainings
2. Good technical training and competitive past in floorball, ice hockey or field hockey.
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: Preparing the section to participate in the Lower Silesia Inter-University League.
 C2: To enable the development of sports passion.
 C3: Development of motor abilities as an utilitarian activity.

SUBJECT EDUCATIONAL EFFECTS

Relating to knowledge:

- PEK_W01: A student knows the rules of quick attack after goal keeper's drive.
 PEK_W02: A student knows "the triangle" attacking system.

relating to skills:

- PEK_U01: A student is able to perform tasks and change a position in a defensive and offensive play.
 PEK_U02: A student can play four set pieces of the game.

relating to social competences:

- PEK_K01: A student applies the principle of "fair play".
 PEK_K02: A student participates in competitive sports and its organization.

PROGRAMME CONTENT		
Form of classes - lecture		Number of hours
Cl. 1-2	Organizational classes: getting know the rules of division, information on medical examinations to an athlete book, making selection to a team, a choice of captain and division's leader. Allocation of equipment to play. Fitness classes shaping endurance.	4
Cl. 3-6	Learning pre-match warm-up. Learning stretching exercises. Improvement of ball's reception and passing, moving around a field, rolls, running around, shots. Shaping overall strength. Small and simplistic games.	8
Cl. 7-9	Learning a quick attack after goal keeper's pass, after ball's trapping. Quick attack of 2, 3, 4 players. Developing speed endurance. Practicing parts of the game. Learning playing four free kicks.	6
Cl. 10-14	Learning how to perform a penalty kick. Exercises forming strength, speed. Simplified games. Learning how to play a touch out of so called "cross". Learning to play in defense and attack, based on "the triangles". Practicing set pieces of the game in positional attacks	10
Cl. 15-20	School games, test matches. Learning how to play two free kicks at the goal area. Improving long and half distance shots. Games and fun shooting. Simplified games. Improving man-to-man defense at a field.	12
Cl. 21-30	Kick matches with other universities. Participation in the Lower Silesia League, Polish Amateur Championship.	20
Total hours		60

TEACHING TOOLS USED
N1. Practical exercises – individual and group N2. Sport training. N3. Sport competitions. N4. Tactic training – lecture (trainer's board). N5. Video analysis.

EVALUATION OF SUBJECT EDUCATIONAL EFFECTS ACHIEVEMENT		
Evaluation: F – forming (during semester), P – concluding (at semester end).	Educational effect number	Way of evaluating educational effect achievement
F1	PEK_W01, W02	Oral answer, demonstration.
F2	PEK_U01, U02	Demonstration, attendance, observation sheet.
F3	PEK_K01, K02	Observation, attendance.
P: Attendance, activity and attitude in classes including F1 and F2.		

PRIMARY AND SECONDARY LITERATURE
<u>PRIMARY LITERATURE:</u> [1] Bilaska M.: <i>Unihokej. Gra z bramkarzem. Technika i taktyka</i> . Gdynia: Polska Federacja Unihokeja-Floorball, 1999.
<u>SECONDARY LITERATURE:</u> [1] Starzyńska S., Tywoniuk-Małysz A.: <i>Unihokej – Fllorball</i> . AWFIS Gdańsk, 2001.

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