

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

Name in Polish	: RUGBY - PODSTAWY
Name in English	: RUGBY – TEACHING AND IMPROVING TECHNIQUES
Level and form of studies	: 1st level, full-time
Profile	: academic, practical
Kind of subject	: optional, university-wide
Subject code	: WFW036051
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 contradictions to take active part in physical education activities.
2. Proper outfit and sport shoes.

SUBJECT OBJECTIVES

- C1: Getting familiar with the rules, regulations and specifics of the game, as well as the history of rugby.
 C2: Getting acquainted with basic technical elements of the game, obtaining skills and ability to use them in the game.
 C3: Development of motor skills required in rugby - dynamic force, speed, run endurance, agility.
 C4: Developing specific features of character required in rugby - cooperation within a group, subordinating own purposes to the group's (team), sacrifice, courage.

SUBJECT EDUCATIONAL EFFECTS

Relating to knowledge:

PEK_W01: A student knows history and present of rugby.

PEK_W02: A student knows rules and regulations of the game.

PEK_W03: A student knows the defense set the "line" and attack "fan" and in attack tactical variants "over run" and "cross".

Relating to skills:

PEK_U01: A student is able to perform basic technical elements of the game "one to one" and touch rugby.

PEK_U02: A student can play at any position in touch rugby and create formations

Relating to social competences:

PEK_K01: A student can work together as a team.

PEK_K02: A student follows the principles of fair play.

PROGRAMME CONTENT

Form of classes - lecture		Number of hours
Cl. 1	History of rugby, rules and game's characteristics.	2
Cl. 2-3	Learning a pass with both hands "classic".	4
Cl. 4-5	Learning a spin pass.	4
Cl. 6-7	Learning a play in defense "1 on 1" – tackling.	4
Cl. 8	Learning how to set the team in defence and in attack.	2
Cl. 9-10	Learning an attack with run lanes changing – seeking and cross.	4
Cl. 11	Learning how to create a "scrum".	2
Cl. 12	Learning how to create a "maul".	2
Cl. 13	Learning how to create a "ruck".	2
Cl. 14-15	Mastering of the acquired skills in touch rugby and the proper one.	4
Total hours		30

TEACHING TOOLS USED

- N1. Practical exercises.
 N2. The trainer's demonstration (student's).
 N3. Lecture and film's presentation.

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.
F2	PEK_U01, U02	Demonstration, special agility test.
C: Attendance, activity and attitude in class including arithmetic mean derived from F1 and F2.		

PRIMARY AND SECONDARY LITERATURE

PRIMARY LITERATURE:

- [1] Powała-Niedźwiecki M.: *Gramy w rugby*. Warszawa: Polski Związek Rugby PWZN „Print 6”, 2002.
 [2] Powała-Niedźwiecki M. (pod red.): *Poradnik dla instruktorów i trenerów rugby*. Warszawa: PWZN ”Print 6”, 2005.

SECONDARY LITERATURE:

- [1] Ward T.: *Life at numer 10*. Dublin: Ireland, Blackwater Press, 2005.

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

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