**SYLABUS**

**applies to the** 2023-2026 **education cycle**

(extreme dates)

2023/2024 academic year

**1. INFORMATION ABOUT THE SUBJECT**

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| --- | --- |
| Name of the subject | Football with methodology |
| Code of the subject\* |  |
| Name of the unit providing the course | College of Medical Sciences |
| Name of the unit carrying out the subject | Institute of Physical Culture Sciences |
| Field of study | Physical Education |
| Study degree | first-cycle studies |
| Profile | general academic |
| Form of studies | daytime |
| Year and semester(s) of study | 1 year, sem. I and II |
| Type of subject | Team sports |
| Language of lecture | Polish, English |
| Coordinator | dr Maciej Huzarski |
| Name and surname of the instructor(s) | Classes: dr Maciej Huzarski, dr hab. prof. UR Zbigniew Barabasz, mgr Adam Domaradzki, mgr Tomasz Pop |

**\* *-****optional, as agreed with the Unit*

1.1.Form of classes, numer of hours and ECTS points

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Semester  (no) | Lect. | Class | Conw. | Lab. | Sem. | Pract. | Intern. | Others (what?) | ECTS points |
| Sem. I |  | 20 |  |  |  |  |  |  | 2 |
| Sem. II |  | 20 |  |  |  |  |  |  | 2 |
| **Total** |  | **40** |  |  |  |  |  |  | **4** |

**1.2. Type of classes**

X traditional classes

☐ online classes

**1.3 Form of credit (of the course)(examination, marked credit, unmarked credit)**

classes - marked credit

2.PREREQUISITES

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| Semester I - skills and knowledge acquired during physical education classes in primary and secondary schools  Semester II - Methodology of physical education, Anatomy |

**3. GOALS, LEARNING OUTCOMES, CURRICULUM CONTENT AND APPLIED DIDACTIC METHODS**

**3.1 Objectives of the course**

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| --- | --- |
| C1 | preparing the student as a future teacher or instructor to independently conduct football classes in schools, sports clubs or other institutions related to physical education; |
| C2 | familiarizing the student with the systematics of exercises as well as the methods, forms, rules and means used in teaching special skills in football; |
| C3 | mastering the substantive knowledge of football in school physical education; |
| C4 | mastering methodological skills related to teaching the game of football; |
| C5 | getting acquainted with basic technical skills sufficient to correctly demonstrate elements of football technique; |
| C6 | getting acquainted with the basic elements of individual tactics in football; |
| C7 | mastering the skills of organizing school football competitions; |
| C8 | getting acquainted with the basic rules of football to enable basic refereeing; |

**3.2 Learning outcomes**

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| --- | --- | --- |
| Ek (Learning Outcome) | content of the learning outcome defined for the subject | reference to field outcomes |
| Ek\_ 01 | The student defines and explains the basics of teaching football and the structure of sports training for children and adolescents. | K\_W010 |
| Ek\_ 02 | The student applies the rules of occupational health and safety that are in force during physical education lessons focused on football and football classes.  The student knows and understands the use of didactic means in the process of physical education, including utensils, equipment and sports devices. | K\_W014  SKN/WFI/W8 |
| Ek\_ 03 | The student defines and explains the rules of playing football. | K\_W17 |
| Ek\_ 04 | The student defines and explains the structure of the course of physical education lessons of football.  The student knows and understands the methods of performing motor tasks and teaching movement. | K\_W18  SKN/WFI/W6 |
| Ek\_ 05 | The student uses appropriate methods, forms and means in teaching football.  The student is able to identify typical exercises and movement tasks with the general and specific requirements of the core curriculum, physical education curriculum in primary school, develop key competences in the process of physical education at the primary school stage.  The student is able to construct instruments (tests) to control and evaluate the taught motor skills. | K\_U04  SKN/WFI/U1  SKN/WFI/U9 |
| Ek\_ 06 | The student performs and demonstrates the elements of football techniques. | K\_U07 |
| Ek\_07 | The student selects and uses classroom exercises aimed at the basic assumptions of football tactics | K\_U08, |
| Ek\_ 08 | The student organizes a football competition. | K\_U21 |
| Ek\_ 09 | The student communicates properly with the practice group during football lessons.  The student is able to use control, corrective and guiding activities in order to remove errors in teaching or improving specific motor skills. | K\_U25  SKN/WFI/U10 |
| Ek\_ 10 | The student is characterized by an active attitude in updating the habits of systematic learning in the field of football theory and practice.  The student is ready to shape the students' cooperation skills in groups and teams.  The student is ready to develop students' curiosity, activity and independence as well as logical and critical thinking in relation to a variety of individual and team forms of physical activity. | K\_K02  SKN/WFI/K5  SKN/WFI/K7 |

**3.3 Program content**

A. Lectures

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| Course content N/A |

B. Content of auditorium, seminar, laboratory exercises, practical classes

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| **Content** |
| **1 year I semester** |
| 1. Characteristics of football - the rules of the game of football. |
| 1. Performing and demonstrating elements of the football technique - exercises to familiarize oneself with the ball. |
| 1. Implementation and demonstration of elements of the football technique - games and activities in getting used to the ball. |
| 1. Implementation and demonstration of football technique elements - games and activities that shape coordination in football. |
| 1. Performing and demonstrating elements of the football technique. |
| 1. Performing and demonstrating elements of the football technique - comprehensive exercises. |
| 1. Performing and demonstrating elements of the football technique – games improving the football technique. |
| 1. Practical test - performance and demonstration of football techniques. |
| 1. Theoretical test - knowledge of football rules. |
| 1. **year II semester** |
| 1. Aims of education and the content of teaching football at specific educational stages. Methods, forms and didactic principles used in teaching football. Training structure. Football in physical education curricula at school. |
| 1. Division of techniques and tactics in football. Basics of teaching football. The history of football. |
| 1. Preparation of a football lesson outline. Building a course of physical education lessons on football. The use of didactic resources in the process of physical education, including accessories, equipment and sports devices. |
| 1. Methodology and systematics of teaching the basics of technique and individual tactics in football |
| 1. The core curriculum for teaching physical education at school - typical exercises and motor tasks with the general and specific requirements of the core curriculum. |
| 1. Task and support games in teaching football |
| 1. Constructing tools (tests) to control and evaluate the taught elements of technique and motor skills. |
| 1. Organization of competitions, football tournament. |
| 1. Pedagogy - independent conduct by students of parts of classes, competitions, tournament. Developing the cooperation skills of students in groups, teams and training teams. |
| 1. Practical test - assessment of teaching the basic elements of the technique of individual football tactics - tests. |

3.4 Didactic methods

Classes

**practical methods**: subject exercises

**presentation methods**: informative lecture, instruction

**exposing methods**: demonstration

**problem methods**: activating

4. METHODS AND EVALUATION CRITERIA

4.1 Verification of learning outcomes

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| --- | --- | --- |
| Effect symbol | Assessment methods of learning outcomes  (e.g. colloquium, oral exam, written exam, project, report, observation during classes) | Form of didactic activity  (lecture, class ...) |
| Ek\_ 01 | Test | Class  (sem. 2) |
| ek\_ 02 | Evaluation of the lesson outline on the game of football | Class  (sem. 2) |
| Ek\_ 03 | Test | Class  (sem. 1) |
| Ek\_ 04 | Evaluation of the lesson outline on the game of football | Class  (sem. 2) |
| Ek\_ 05 | Test  Assessment of a fragment of a football lesson according to the prepared outline | Class  (sem. 2) |
| Ek\_ 06 | Practical test of the implementation and demonstration of elements of the football technique | Class  (sem. 1 i 2) |
| Ek\_ 07 | Assessment of a fragment of a football class according to the prepared outline | Class  (sem. 2) |
| Ek\_ 08 | Assessment of a fragment of a football class according to the prepared outline | Class  (sem. 2) |
| Ek\_ 09 | Assessment of a fragment of a football class according to the prepared outline  Observation during classes | Class  (sem. 2) |
| Ek\_ 10 | Assessment of a fragment of **a** football **class** according to the prepared outline  Observation during classes | Class  (sem. 1 i 2) |

4.2 Conditions of passing the subject (assessment criteria)

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| ASSESSMENT CONDITIONS. I SEMESTER  30% of the grade is the result of the test;  70% of the assessment is a test of technical skills;  One test is planned.  The points obtained from the test are converted into percentages corresponding to the marks  up to 50% - unsatisfactory  51% - 60% satisfactory  61% - 70% satisfactory plus  71% - 80% good  81% - 90% good plus rating  91% - 100% very good  Assessment of the practical skills test  2.0 - the student performs and demonstrates the elements of the football technique incorrectly  3.0 - the student performs and demonstrates the elements of the football technique at the level of minimum correctness  3,5 - the student performs and demonstrates the elements of football technique on an insufficiently good level  4,0 - the student performs and demonstrates the elements of the soccer technique on the correct level  4.5 - the student performs and demonstrates the elements of football techniques at a good level  5.0 - the student performs and demonstrates the elements of football techniques at a very good level  Social competences are assessed on the basis of the internal social competence assessment system (INoKF)  CONDITIONS FOR Crediting II SEMESTER  30% of the grade is the result of the test;  30% of the assessment is a test of technical skills;  20% of the assessment is the ability to conduct a fragment of classes, competitions, football tournaments;  20% of the assessment is the preparation of a football outline;  One test is planned.  The points obtained from the test are converted into percentages corresponding to the marks  up to 50% - unsatisfactory  51% - 60% satisfactory  61% - 70% satisfactory plus  71% - 80% good  81% - 90% good plus  91% - 100% very good  Assessment of the practical skills test  2.0 - the student performs and demonstrates the elements of the soccer technique incorrectly  3.0 - the student performs and demonstrates the elements of the football technique at the level of minimum correctness  3,5 - the student performs and demonstrates the elements of football technique at an insufficiently good level  4,0 - the student performs and demonstrates the elements of the soccer technique at the correct level  4.5 - the student performs and demonstrates the elements of football techniques at a good level  5.0 - the student performs and demonstrates the elements of football techniques at a very good level  Assessment of the ability to carry out a fragment of classes, competitions, football tournaments  2.0 - the student conducts a fragment of classes, football competitions incorrectly  3.0 - the student conducts a fragment of classes, football competitions at the level of minimum correctness  3.5 - the student conducts a fragment of classes, football competitions at an insufficiently good level  4.0 - the student conducts a fragment of classes, football competitions at the correct level  4.5 - the student conducts a fragment of classes, football competitions at a good level  5.0 - the student conducts a fragment of classes, football competitions at a very good level  Social competences are assessed on the basis of the internal social competence assessment system (INoKF) |

**5. TOTAL STUDENT'S WORK INPUT REQUIRED TO ACHIEVE THE INTENDED EFFECTS IN HOURS AND ECTS CREDITS**

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| --- | --- |
| Form of activity | Average number of hours to complete the activity |
| Contact hours according to the studies plan | 40 h. |
| Others with the participation of an academic teacher (participation in consultations, examination) | 20 h.  (consultations) |
| Non-contact hours - own work | 40h.  (preparation for classes 5 h.  Preparation for credit 35 h.) |
| (preparation for classes, examinations, writing a paper, etc.) | 100 |
| TOTAL HOURS | 4 |

*\* It should be considered that 1 ECTS point corresponds to 25-30 hours of total student workload.*

6. PROFESSIONAL TRAINING WITHIN THE COURSE

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| hours | N/A |
| rules and forms of internship | N/A |

7. LITERATURE

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| Basic:   1. ABC trenera dzieci i młodzieży, Warszawa 2018 2. Bndarowicz M. (2002), Zabawy i gry ruchowa na zajęciach sportowych. Warszawa 3. Grycmann P., Szyngiera W. Nowoczesne nauczanie i doskonalenie gry w piłkę nożną. Katowice 2016. 4. Góralczyk R., Waśkiewicz Z., Zając A. Technika piłki nożnej – klasyfikacja oraz nauczanie. Katowice 2001. 5. Narodowy model gry PZPN. PZPN, Warszawa 2016. 6. Przepisy gry w piłkę nożną – PZPN i Futsalu 7. Stuła A, (2008) Zabawy i gry ruchowe w kształceniu piłkarzy nożnych, Opole 8. Szyngiera W. Edukacja w grach zespołowych – nauczanie i doskonalenie gry. w: Współczesny system szkolenia w zespołowych grach sportowych. (red. Zając A., Chmura J.). AWF Katowice 2016. 9. Von Ralf Peter, Gerd Bode, Piłka nożna jutra. Pierwszy podręcznik trenera piłki nożnej dzieci, PZPN, Warszawa 2012. 10. Żmuda W., Witkowski Z., Piechniczek A. Przygotowanie taktyczne we współczesnej piłce nożnej. Śląska Księgarnia Kultury Fizycznej, Katowice 2016. 11. Huzarski M., Warchoł. K., Treści programu nauczania wychowania fizycznego w szkole ponadpodstawowej według nowej podstawy programowej, w: Kwartalnik edukacyjny 2020, nr 2-3. |
| Supplementary:   1. Bangsbo J. (1999), Sprawność fizyczna piłkarzy, Warszawa 2. Bednarski L. (2000), Piłka nożna, zajęcia treningowe w rocznym cyklu szkoleniowym, Kraków 3. Bednarski L., Kożmin A. (2006) Piłka nożna, Kraków 4. Kapera R. (1997), Piłka nożna. Trening dzieci, Warszawa 5. Paluszek K. (2003) Nowoczesne nauczanie gry w piłkę nożną, Warszawa 6. Stępiński M. (2007), Taktyka współczesnej piłki nożnej, Warszawa 7. Paśko W., Śliż M., Paszkowski ., Zieliński J., Polak K., Huzarski M., Przednowek K., Characteristics of Cognitive Abilities among Youths Practicing Football, International Journal of Environmental Research and Public Health, 2021 : Vol. 18, iss. 4, id. art. 1371 8. Konefał M., Chmura P., Rybka K., Chmura J., Huzarski M., Andrzejewski M., What Frequency of Technical Activity Is Needed to Improve Results? New Approach to Analysis of Match Status in Professional Soccer, International Journal of Environmental Research and Public Health, 2019 : Vol. 16, iss. 12, Article Number 2233 9. Barabasz Z., Huzarski M., Pizło T., Zadarko-Domaradzka M., Zadarko E., Assessment of the correlation between the playing position on the field, acquired technique and the specific endurance of football players at various calendar age, Scientific Review of Physical Culture, 2018 : vol. 8, iss. 3, p. 51-61 10. Zadarko E., Warchoł K., Zadarko-Domaradzka M., Szybisty A., Momola I., Matłosz P., Huzarski M., Barabasz Z., Assessment of the intensity of physical education lessons on the basis of selected forms of physical activity of children and youth, Scientific Review of Physical Culture, 2017 : vol. 7, iss. 2, p. 120-127 11. Barabasz Z., Huzarski M., Zadarko-Domaradzka M., Nizioł-Babiarz E., Huzarska A., Zadarko E., Selected motor skills of footballers with regard to the playing level and the playing position, Slovak Journal of Sport Science, 2017 : vol. 2, nr 2, s. 69-76 12. Barabasz Z., Zadarko E., Huzarski M., Ozimek M., Ocena poziomu wybranych motorycznych zdolności kondycyjnych 11-letnich chłopców na przykładzie kadry wojewódzkiej Podkarpackiego Związku Piłki Nożnej, Antropomotoryka, 2011 : Vol. 21, nr 54, s. 59-67 13. Barabasz Z., Huzarski M., Okres przygotowawczy w piłce nożnej - przypomnienie podstawowych zasad, w: Wybrane zagadnienia z teorii sportu / pod red. Z. Barabasza i E. Zadarko ; Państwowa Wyższa Szkoła Zawodowa w Krośnie 2009 |

Acceptance by the Head of the Unit or an authorized person