**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 | Team sports (optional) |
| 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 | Stationary |
| Year and semester(s) of study | Korfball - 3rd year, sem. V and VIFloorball - 3rd year, sem. V and VIFutsal - 3rd year, sem. V and VIRugby - 3rd year, sem. V and VI |
| Type of subject | Major of choice |
| Language of lecture | Polish |
| Coordinator |  |
| Name and surname of the instructor(s) | Korfball – Dr Paweł Lenik Unihokej – Dr Gabriel Bobula, Dr Justyna Glińska-Wlaź, MA Maciej Kuchciak Futsal – Dr Maciej Huzarski, Dr hab. prof. UR Zbigniew Barabasz, Mgr Adam Domaradzki Rugby – Mgr Łukasz Godek  |

**\* *-****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 |
| V |  | 15 |  |  |  |  |  |  | 1 |
| VI |  | 15 |  |  |  |  |  |  | 1 |
| Total |  | 30 |  |  |  |  |  |  | 2 |

**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

|  |
| --- |
| Methodology of physical education, Action games and games with methodology, Anthropomotorics |

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

**3.1 Objectives of the course**

|  |  |
| --- | --- |
| C1  | Acquisition by the student of practical skills to independently conduct lessons in team games of individual choice |
| C2 | Organizing the basic theoretical knowledge of team games to choose from |
| C3 | To acquaint students with the rules of the game and learning how to referee in team games of ones choice |
| C4 | Provide knowledge of the principles of planning and conducting competitions in team games of ones choice |

**3.2 Learning outcomes**

|  |  |  |
| --- | --- | --- |
| Ek (Learning Outcome) |  content of the learning outcome defined for the subject | reference to field outcomes  |
| Ek\_ 01 | The student will discuss the rules of occupational health and safety that are in force during physical education lessons, team games. | K\_W14 |
| Ek\_ 02 | Defines the rules of the game in team games | K\_W17 |
| Ek\_ 03 | Will discuss the structure of the course of physical education lessons. | K\_W18, |
| Ek\_ 04 | Methods of performing motor tasks, teaching movement. | SKN/WFI/W6 |
| Ek\_ 05 | The use of teaching aids in the process of physical education, including sports utensils, equipment and devices, the use of modern information and computer technologies and internet applications to measure individual physical activity; | SKN/WFI/W8  |
| Ek\_ 06 | Selects appropriate methods, forms and means to learn and improve technical elements of team games | K\_U04, |
| Ek\_ 07 | The student performs and is able to demonstrate elements of individual technique in team games of choice; | K\_U07, |
| Ek\_ 08 | Identify typical exercises and motor tasks with 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. | SKN/WFI/U1  |
| Ek\_ 09 | Construct tools (tests) to control and evaluate the motor skills; | SKN/WFI/U9  |
| Ek\_ 10 | Use control, corrective and guiding activities in order to eliminate mistakes in teaching or improving specific motor skills; | SKN/WFI/U10  |
| EK\_11 | The student will use the selected tactical settings (in defense and in attack); | K\_U08 |
| EK\_12 | Organizes school sports competitions as part of the Children's Games Program. | K\_U21 |
| EK\_13 | The student is able to communicate with the class and group during physical education lessons in basketball | K\_U25 |
| EK\_14 | • Uses literature and classical studies in the scope of the taught content, performs basic practical tasks• Seeks knowledge in the latest Polish-language studies and publications, masters practical tasks at a good level• updates their knowledge on the basis of English-language literature, performs practical tasks to a very good degree | K\_K02 |
| EK\_15 | Develop the cooperation skills of students in groups, teams and training units; | SKN/WFI/K5  |
| EK\_16 | Developing 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; | SKN/WFI/K7  |

**3.3 Program content**

A. Lectures

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|  Sunbject content |
| N/A |

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

|  |
| --- |
| Course content |
| 3 year 5 semester |
| 1. Games and activities with elements of team games technique of choice; |
| 2. Methodology, systematics and technique of teaching technical skills in team games. Methods of performing motor tasks and teaching aids; |
| 3. Discussion of the rules of the game and teaching refereeing in team games of choice; |
| 4. Organizing and conducting a tournament of team games of choice; |
| 3 year 6 semester |
| 5. Games and activities to develop cooperation, communication with team games of choice. Team games in the PE curriculum. |
| 6. Improving and assessing the taught technical and motor skills in fragments using the basic principles of tactics; |
| 7. Organization and conducting of the tournament of team games of choice, |

3.4 Didactic methods

Classes:

• Presentation: (instruction)

• Problem: didactic games

• Exposing: (show)

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 | Classes. |
| Ek\_ 02 | test | Classes. |
| Ek\_ 03 | test | Classes. |
| Ek\_ 04 | test | Classes. |
| Ek\_ 05 | lesson plan | Classes. |
| Ek\_ 06 | lesson plan | Classes. |
| Ek\_ 07 | observation during classes | Classes. |
| Ek\_ 08 | observation during classes | Classes. |
| Ek\_ 09 | observation during classes | Classes. |
| Ek\_ 10 | observation during classes | Classes. |
| Ek\_ 11 | sports event project | Classes. |
| Ek\_ 12 | observation during classes | Classes. |
| Ek\_ 13 | observation during classes | Classes. |
| Ek\_ 14 | observation during classes | Classes. |
| Ek\_ 13 | observation during classes | Classes. |
| Ek\_ 14 | observation during classes | Classes. |
| Ek\_ 15 | observation during classes | Classes. |
| Ek\_ 16 | observation during classes | Classes. |

4.2 Conditions of passing the subject (assessment criteria)

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| **Assessment criteria 3 Year 5th Semester**• 40% of the grade is the results of the test,• 40% is a test of technical skills• 20% oral answerThe points obtained for 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 goodWarunki zaliczania 3 Rok VI Semestr• 40% of the grades is the results of the test,• 40% is a test of technical skills (observation during classes)• 20% oral answerThe points obtained for 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 goodAssessment of social competences:• Uses literature and classical studies in the scope of the taught content, performs basic practical tasks• Seeks knowledge in the latest Polish-language studies and publications, masters practical tasks at a good level* Updates the knowledge on the basis of English-language literature, performs practical tasks to a very good degree
 |

**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  | 30 hours |
| Others with the participation of an academic teacher (participation in consultations, examination)  | 7 h(5 hours participation in consultations2 hours of credit participation) |
| Non-contact hours - own work(preparation for classes, examinations, writing a paper, etc.) | 15 h(preparation for classes 5preparation for the credit 10) |
| TOTAL HOURS | 52 |
| TOTAL ECTS | 2 |

*\* 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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| --- |
| KORFBALLBasic literature:1. Fiedor M., 2002. *Korfball* (oprac.) W książce: *Przepisy zespołowych gier sportowych: w zakresie podstawowym* [red. Józef Wołyniec] Wrocław: Wydaw. BK, 2002
2. Frączek D., Siemieniuk E., Frączek J., Zań B.: Przepisy gry w korfball. Biała Podlaska 1993
3. Huciński T, Lenik P, Wilczewski T. System w nauczaniu podstaw techniki w koszykówce w ujęciu psychospołecznym. Wyd. PZKosz Warszawa 2016.
4. Lenik. P, Kunysz-Rozborska M. Gry i zabawy ruchowe jako forma kształtowania umiejętności społecznych i psychomotorycznych. Rzeszów 2020.
 |
| Supplementary literature: 1. Sterkowicz S., Błach W., Fiedor M., 2004., Sterkowicz S., Fiedor M. 2005. *Aktualne problemy szkolenia trenerów [na przykładzie korfballu]*. Studia i Monografie Nr 33, Pod redakcją Stanisława Żaka, Michała Spiesznego, Tomasza Klocka. AWF Kraków 2005, s. 170-174
2. Piech K.: *Korfball – propozycja na zajęcia koedukacyjne*. [w:] S. Arasymowicz, K. Piech (red.) *Zabawy i gry ruchowe w wychowaniu fizycznym*, Biała Podlaska, wyd. ZWWF Biała Podlaska i PTNKF Oddział Biała Podlaska, s. 70-77Tucholski P.: *Korfball*. [w:] Bis, Wydział Sportu RN ZSP, 1988
 |
| **RUGBY**Basic literature:1. Powała-Niedźwiedzki M., (2002), *Gramy w rugby* Print 6, Warszawa.
2. Powała-Niedźwiedzki M. (red.), (2005), *Rugby dla najmłodszych* Print 6, Warszawa.
3. Powała-Niedźwiedzki M., (2007), *Mini-rugby 2* Print 6, Lublin.
4. Powała-Niedźwiedzki M. (red.), (2005), *Poradnik dla instruktorów i trenerów rugby* Print 6, Warszawa.
 |
| UNIHOKEJBasic literature:1. Kałużny K. 2010. Unihokej zabawy i gry ruchowe. AWF Wrocław
2. Kłużny K. 2018. Unihokej: edukacja sportowa gracza. AWF Wrocław
3. Sieniek C. 2006. Piłka siatkowa, unihoc, zajęcia terenowe : scenariusze lekcji. Starachowice: "Helvetica".
4. Polski Związek Unihokeja: Oficjalne Przepisy Gry
 |
| Supplementary literature: 1. Jari Oksanen, Ville Peltomaki, Maciej Helmin, Dominik Siaśkiewicz; Floorball Kit Up. Polski Związek Unihokeja
2. Międzynarodowa Federacja Unihokeja: Technika indywidualna i taktyka. Nauka techniki indywidualnej i taktyki.
3. Międzynarodowa Federacja Unihokeja: Sytuacje specjalne oraz gra bramkarza. Wskazówki i ćwiczenia.
4. Taru Tervo, Anna Nordström. Science of floorball: a systematic review. Open Access Journal of Sports Medicine. 2014:5 249–255.
5. K. Pasanen, J. Parkkari, P. Kannus, L. Rossi, M. Palvanen, A. Natri, M. Ja¨rvinen. Injury risk in female floorball; a prospective one-season follow-up. Scand J Med Sci Sports 2008 18: 49–54
6. Miguel-Ángel Gómez, Miguel Prieto, Javier Pérez, Jaime Sampaio. Ball Possession Effectiveness in Men’s Elite Floorball According to Quality of Opposition and Game Period. Journal of Human Kinetics volume 38/2013, 227-237
 |
| FUTSALBasic literature:1. Aftański T., Szwarc A. (2013), Futsal, piłka nożna, Gdańsk
2. Valdericeda F. (2002) Futsal taktyka i ćwiczenia taktyczne, Warszawa
3. Juszczak G., Stępiński K. (2013), Piłka nożna halowa (futsal) dla początkujących, Szczecin
4. Przepisy gry w Futsal
 |
| Supplementary literature: 1. Burns T. (2004) Holistic Futsal
2. Hermans V., Engler R. (2008) Futsal - Technik-taktik-training
 |

Sprawdzono literaturę w katalogach biblioteki UR

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| --- | --- |
| Subject / Lecturer SIGNATURE / DATE | subject / lecturer signature / date |
| Korfball – Dr Paweł Lenik  |  |
| Unihokej – Dr Gabriel Bobula, Dr Justyna Glińska-Wlaź, Mgr Maciej Kuchciak  |  |
| Futsal – Dr Maciej Huzarski, Dr hab. prof. UR Zbigniew Barabasz, Mgr Adam Domaradzki |  |
| Rugby – Mgr Łukasz Godek |  |

Acceptance by the Head of the Unit or an authorized person