

## SPORT ELECTIVE COURSES

COURSE:	FOOTBALL
<b>Code:</b>	SPORT 003
<b>Level:</b>	Undergraduate
<b>Category:</b>	Elective
<b>ECTS Credits:</b>	Three (3)
<b>Days &amp; Times:</b>	Monday & Thursday: 16:30 – 18:00
<b>Venue:</b>	Football field, Class: ΧΩΔ01 004
<b>Teaching Methods:</b>	Lectures, Practical Application and Practice
<b>Lecturer:</b>	Dr. Marios Christou
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<b>Telephone:</b>	22 89 41 82
<b>Student Consultation Hours:</b>	Monday & Thursday: 18:00 – 18:30, Sports Center

### Objectives of the course:

The students' should be able to acquire general theoretical knowledge of football as well as the basic technical and tactical skills in practice.

### Description of the course:

On theoretical basis, students will be taught general issues of the sport of Football such as historical background, rules and regulations of the game, physiological demands, the fundamentals of the physical capacities of the players, and the teaching methodology of the basic technical-tactical skills.

On a practical level students will be practicing the basic technical and tactical skills of football. Moreover, special emphasis will be given on the importance of sport and exercise towards improved health, fitness, wellbeing and the primary goal of "Lifelong Exercise for Health."

**Course contents – Learning outcomes:**

After the completion of the course students are expected to learn:

1. The main objective “Lifelong Exercise for Health”
2. The importance of exercise for health, wellbeing, fitness and physical conditioning
3. Rules of the game
4. Basic technical skills:
  - 4.1 Dribbling
  - 4.2 Passing
  - 4.3 Receiving
  - 4.4 Shooting
  - 4.5 Heading
5. Basic tactical skills:
  - 5.1 Individual defending tactic
  - 5.2 Group defending tactic
  - 5.3 Individual attacking tactic
  - 5.4 Group defending tactic
6. Physiological demands of football match
7. Physical capacities:
  - 7.1 Aerobic and anaerobic power
  - 7.2 Speed
  - 7.3 Agility
  - 7.4 Strength
  - 7.5 Flexibility
8. Physiological effects of exercise
9. Basic human anatomy and physiology
10. Football history

**Assessment Methods:**

1. <b>Practical:</b> (Football practice, active participation)	60%
2. <b>Final Examination:</b>	40%

**Attendance Regulations:**

Students are required to attend all classes (lectures and football practice).

**Active participation:**

Active participation is required for "Very Good" or "Excellent Grade".

**Required Textbooks / Reading:**

1. Course notes
2. Bangsbo, J. *Aerobic and Anaerobic Training in Soccer*, Stormtryk, Bagsvaerd (Publisher), 2007, ISBN: 87-90170-21-0
3. *SOCCER SKILLS & DRILLS National Soccer Coaches Association of America*. Lennox, W.J., Rayfield, J., Steffen, B. (eds). Human Kinetics, 2006.