

# 体育工作部课程简介

课程编号：171300002(1-4)

课程名称：普通体育课—足球

学分/学时：1/32

先修课程：无

适用专业：全校各专业

课程性质：必修

教 材：大学体育与健康 王勇 主编 大连海事大学出版社 2018 年

主要参考书：

1. 《现代足球运动高级教程/高等学校教材》 麻雪田等编 高等教育出版社
2. 《足球》 何志林 编著 人民体育出版社
3. 《Soccer Today》 Bente Skogvang Birger Peitersen Wadswors/Thomson Learning

内容简介：

足球（football），有“世界第一运动”的美誉，是全球体育界最具影响力的单项体育运动。同时，《足球》是普通高校大学生体育课学习内容之一。目的是掌握足球运动的基本知识，基本技术和战术；提高对竞赛的观赏水平；学习体育健康和奥林匹克运动的基本知识；了解组织竞赛的方法和裁判规则，并能在基层比赛中运用；提高学生的足球基本活动能力，增强学生的体质；培养学生爱国主义、集体主义精神和顽强拼搏的意志品质。

本课程主要讲授足球运动的基本技术，基础战术和相关的理论知识。通过学习，使学生能够理解和掌握部分基本技术的要领并初步完成技术动作；了解足球运动的发展概况、特点，学习基础战术分析以及足球竞赛规则和裁判法。本课程所涉及的基本技术包括：踢球、停球、运球、假动作、抢截球、头顶球、掷界外球、以及守门员技术。基础战术包括：“二过一”、边路与中路进攻战术、定位球战术以及个人与集体的攻防战术等。

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## Course Description

The Department of Physical Education

**Course Code:** 171300002 (1-4)

**Course Name:** Soccer - Physical Education

**Credits/hours:** 1/32

**Textbook:** Wang Yong. College Physical Education. Dalian Maritime University Press, 2018

**References:**

1. Ma Xuetian, 2004, Advanced Tutorials for Modern Football/College Textbooks, Higher Education Press (ISBN : 9787040112641)
2. He Zhilin, 2005, Football, People's Sports Press (ISBN:9787500927082)
3. B. Skogvang, B. Peitersen, K. Stanley-Kehl, 2000, Soccer Today, Wadswors/Thomson Learning

(ISBN: 0534361315)

**Course Description:**

Soccer, which has a reputation as the world's first sport, is the most influential sport in the world's sports world. Therefore, "Football" is one of the contents of physical education courses for ordinary college students. The purpose and task are to help students master the basic knowledge, basic techniques and tactics of football; to improve the level of watching the competition; to learn the basic knowledge of sports health and Olympic sports; to understand the methods and rules for organizing competitions, and to use them in fundamental competitions; to develop students' basic soccer ability to improve their physique; to cultivate students' patriotism, collectivism and tenacious spirit.

This course focuses on fundamental techniques, basic tactics and related theoretical knowledge of football. Through learning, students can understand and grasp the essentials of some basic technologies and initially complete technical movements; understand the development and characteristics of soccer sports, learn basic tactics analysis, and soccer competition rules and referees. The basic techniques involved in this course include: kicking, stopping, dribbling, fake action, stealing the ball, overhead ball, throwing throw, and goalkeeper techniques. Basic tactics include: Two over one, side and middle offensive tactics, ball tactics, and individual and collective offensive and defensive tactics.