

**Subject: Methodology of combat sports****I. General information**

Organization unit	Faculty of Physical Education Chair: Physical Education Supervisor:
Course name	Methodology of combat sports
Subject code	27/2/I/PE
Teaching language	English
Type of subject (obligatory/ facultative)	facultative
Level of studies (eg. bachelor, master)	bachelor
Study year	2
Semester	4
ECTS points	2
Teacher	
Studies program in which the subject is realized	Physical Education
Method of realization (stationary/ distance learning)	Stationary
Prerequisites	Knowledge about methodology of combat sports

II. Detailed Information**WRESTLING****Course aims and objectives**

A1	To familiarize students with basic information about sporting competitions in wrestling
A2	practical acquisition of basic training measures specific to sports competition in

	wrestling
A3	practical acquisition of basic technical elements, characteristic for wrestling
A4	Acquainting with the teaching methodology and the principles of protection and safety rules during the organization of classes with elements of martial arts

Learning outcomes

Learning outcome	Subject's learning outcomes
Knowledge	
K_W08 K_W 10	<p>Student has basic knowledge of the types of competition in sport rivalry in wrestling</p> <ul style="list-style-type: none"> • Is able to perform the basic elements of wrestling technique in the ground and standing position • Knows the teaching methodology and the principles of protection in the field of basic technical elements in wrestling • Has knowledge of the principles of safe organization of educational activities with elements of wrestling
Skills	
K_U03 K_U01 K_U13 K_U14 K_U 15	<ul style="list-style-type: none"> • Is able to show the technique of making basic technical elements in wrestling • Knows the principles of security and the principles of safe execution of targeted and special exercises characteristic for wrestling. • Is able to correctly apply the teaching methodology in the field of wrestling elements. • Is able to safely organize and lead selected martial arts elements in the form of educational activities.
Social Competences	
K_K07	<ul style="list-style-type: none"> • Is eager to find new solutions when implementing individual and team tasks, taking into account applicable legal acts. • Is responsible for the safety and health of the participants of the classes. He/she is aware of the responsibility for his/her own and the participants' safety.

Syllabus contents

No	Title
Classes/ Practical classes	
SC1	Acquainting with discipline, the use of specific and special exercises in wrestling

SC2	Learning basic technical activities in a parter position
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1ECTS point = 30 hours students work (contact + self study)

TYPES OF CLASSES	HOURS
Contact hours	20
Self study	40
Total = 60 hours = 2 ECTS	