

Subject: Methodology Combat Sports

GENERAL INFORMATION

Organization unit	Faculty of: Physical Education Department Chair of: Physical Education Chairman: Department of Individual Sports
Course name	Methodology Combat Sports
Subject code	WFI-29
Teaching language	English
Type of subject (obligatory/ facultative)	Facultative
Level of studies (eg. bachelor, master)	Bachelor
Study year	2
Semester	4
ECTS points	3
Professor	Dr Stanisław Kuźmicki
Studies program in which the subject is realized	Group of classes in the field of physical education didactics
Method of realization (stationary/ distance learning)	Stationary
Prerequisites	lack

DETAILED INFORMATION

Course aims and objectives

1. Practical acquisition of basic elements of technique, characteristic of selected combat sports disciplines.
2. Practical acquisition of basic training methods, specific for selected combat sports disciplines.
3. Familiarization with teaching methodology and principles of belaying and safety rules during the organization of classes with elements of combat sports.

Main topics

No	Topic
Lectures/classes	
1.	Combat sports in the general system of sports training.
2.	Methodology of teaching basic elements of technique in combat sports, taking into account the awareness of safe cooperation (OHS) of co-trainees.
3.	Tendencies and directions of changes occurring in combat sports as a process of adaptation to social requirements and expectations.
4.	Health and safety regulations applicable in combat sports. Selection of games and physical activities that teach and improve basic technical activities in combat sports.
5.	Teaching and improving techniques in selected combat sports disciplines and the methodology of teaching elements of techniques in low - ground positions.
6.	Teaching and improving techniques in selected combat sports disciplines and the methodology of teaching elements of techniques in high – standing positions.
7.	Teaching and improving techniques in selected combat sports disciplines and the methodology of teaching elements of techniques at the level of targeted training.
8.	Combat sports elements in various forms of teaching used in physical education classes.

CONDITIONS FOR PASSING CLASSES:

The condition for admission to the credit is attendance at classes. Performing elements of the technique in the ground (low) and standing (high) position used in combat sports. The condition for a positive final grade from the classes is obtaining at least satisfactory grades from all parts of the practical credit (average grade).

1 ECTS point = 25 hours students work (contact + self study)

TYPES OF CLASSES	HOURS
1. Contact classes	35



2. Students' preparations of the presentations	
3. Self study as preparation to the written exam	
4. Self study as reading text prepared by the teacher	40
Total = 75 hours- ECTS points 3	

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