

CLASS CARD**Methodology of Combat Sports**

Basic classes	Code in the study plan	ECTS
Methodology of Combat Sports	WFI-29	3

Education profile	Physical Education
Faculty and field of study	Physical Education
Studies program in which the subject is realized	Group of classes in the field of physical education didactics
Professor's name	Dr Stanisław Kuźmicki
Level of studies (eg. bachelor, master)	Bachelor
Study year and semester	2, 4s
Language	English
Method of realization (stationary/ distance learning)	Stationary
Lectures/classes hours	35
Form of passing classes	Performing elements of the technique in the ground (low) and standing (high) position used in combat sports.
Type of subject (obligatory/ facultative)	Facultative
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.

LEARNING OUTCOMES IN KNOWLEDGE, SKILLS AND SOCIAL COMPETENCES FOR CLASSES

Learning outcome	Subject's learning outcomes
KNOWLEDGE	
K_W1, K_W10,	P_W1, place of a given subject or type of classes in framework plans of teaching at individual educational stages.

K_W12, K_W13,	<p>P_W2, the core curriculum of a given subject, the educational objectives and content of teaching a subject or classes conducted at individual educational stages, the subject or type of classes in the context of earlier and further education, the structure of knowledge within the scope of the subject of teaching or classes conducted, and key competences and their development within the framework of teaching a subject or classes conducted.</p> <p>P_W3 methodology of implementing individual educational content within a subject or class, substantive and methodological solutions, good practices, adapting activities to the needs and capabilities of students or groups of students with different potential and learning style, student errors typical for a subject or type of class, their role and ways of using them in the didactic process.</p>
SKILLS	
K_U11, K_U12	<p>P_U01 create didactic situations that serve the activity and development of students' interests and the popularization of knowledge.</p> <p>P_U02 identify the connections of the content of the subject being taught or the classes being conducted with other content of the teaching.</p> <p>P_U03 recognize typical student errors for the subject being taught or the classes being conducted and use them in the didactic process.</p>
SOCIAL COMPETENCES	
K_K01, K_K03, K_K04	P_K01 encouraging students to undertake research attempts and exercise regular physical activity.

SUBJECT PROGRAM CONTENT DIVISION BY FORMS OF IMPLEMENTATION

FORM OF CLASSES – LECTURE - subject	Reference to subject-specific learning outcomes
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.	P_W01, P_K01

FORM OF CLASSES – CLASSES – subject	Reference to subject-specific learning outcomes
<p>1. Health and safety regulations applicable in combat sports. Selection of games and physical activities that teach and improve basic technical activities in combat sports.</p> <p>2. Teaching and improving techniques in selected combat sports disciplines and the methodology of teaching elements of techniques in low - ground positions.</p> <p>3. Teaching and improving techniques in selected combat sports disciplines and the methodology of teaching elements of techniques in high – standing positions.</p> <p>4. Teaching and improving techniques in selected combat sports disciplines and the methodology of teaching elements of techniques at the level of targeted training.</p> <p>5. Combat sports elements in various forms of teaching used in physical education classes.</p>	<p>P_W01, P_W02, P_W03, P_U01, P_U02, P_U03, P_K01</p>

PLANNED METHODS/FORMS/TEACHING MEANS

Program content	Teaching methods/forms
CLASSES – LECTURE	lecture with multimedia presentation
PRACTICAL EXERCISES	practical classes
Teaching resources: computer, multimedia projector, thematic presentations	

METHODS OF VERIFYING THE EXPECTED LEARNING OUTCOMES ACHIEVED BY THE STUDENT

Learning outcomes for classes	Assessment methods
P_W01, P_W02, P_W03, P_U01, P_U02, P_U03, P_K01	Independent performance of elements for assessment, practical test, expert assessment

CONDITIONS FOR PASSING CLASSES:

The condition for admission to the exam 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 exam (average grade).

SAMPLE ASSESSMENT/EXAMINATION TOPICS

Correct presentation of the indicated technical activities along with a presentation of the teaching methodology in combat sports.

ENGLISH BIBLIOGRAPHY

Basic	<ol style="list-style-type: none">1. Nakanishi H. (1992): Seoi-nage. Ippon Books.2. Sato N. (1990): Ashiwaza. Ippon Books.3. Yamashita Y. (1991): Osoto-gari. Ippon Books. Ltd. 55 Long Lane, London N3 2HY, England.
Additional	<ol style="list-style-type: none">1. Adam M., Sterkowicz-Przybycień K. (2018): The efficiency of tactical and technical actions of the national teams of Japan and Russia at the World Championships in Judo (2013, 2014 and 2015). Biomedical Human Kinetics, 10, 45–52, 2018.2. Boguszewski D. (2010) Technical fitness training of judocas - limitations of top world tournaments in the years 2005-2008. Journal Of Combat Sports and Martial Arts, Vol. 3, s. 24-32.3. Kuźmicki S., Kruszewski A., Kruszewski M., Adam M., Sarnacki M., Pujszo R. (2016) The individual technical and tactical profile of a leading Polish judoka in the +100 kg weight category and his somatic composition in comparison to the world elite. Baltic Journal of Health and Physical Activity Vol. 8, s 69-78.

SELF STUDY

Full-time studies		Type of activity
Number of hours to complete the activity	ECTS	
35	3	Contact classes
40		Self study as reading text prepared by the teacher

Number of ECTS points that a student obtains in classes developing practical skills: 3

Author of the class card:	Name, surname and email
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