

**DEPARTMENT OF PHYSICAL EDUCATION AND SPORT
SUBJECT CARD**

Name in Polish **JUDO DLA ŚREDNIOZAAWANSOWANYCH**
Name in English **JUDO FOR INTERMEDIATE-LEVEL PRACTITIONERS**
Profile: **academic, practical**
Level and form of studies: **1st level, full-time**
Kind of subject: **optional, university-wide**
Subject code: **SWF000-S02031**
Group of courses: **NO**

	Lecture	Classes	Lab.	Project	Sem.
Number of hours of organized classes in University (ZZU)		30			
Number of hours of total student workload (CNPS)		30			
Form of crediting		Crediting with grade			
For group of courses mark (X) final course					
Number of ECTS points		0			
including number of ECTS points for practical (P) classes		0			
including number of ECTS points for direct teacher-student contact (BK) classes		0			

PREREQUISITES RELATING TO KNOWLEDGE, SKILLS AND OTHER COMPETENCES

1. Absence of medical contradictions to take active part in judo course.
2. Knowledge of judo basics, especially ability to safely fall and regard for the partners' safety.
3. Sweatsuit or judogi and , flip-flops required.

SUBJECT OBJECTIVES

- C1. Continuation of training after completion of at least one elementary judo course at Wroclaw University of Technology or after getting first degree in the Black Belt ranks in judo, ju-jitsu or aikido, or in wrestling as part of professional trainings in a club outside the University.
- C2. Improving students' motor attributes and encouraging them to take part in varsity trainings.
- C3. Improving students' self-assurance, improving motor attributes and special coordination.

SUBJECT EDUCATIONAL EFFECTS

Relating to knowledge:

PEU_W01: Student knows the safety rules of judo training and knows how to prepare him/herself for the classes.

PEU_W02: He/She knows basic rules, as well as technical and strategic elements of judo sport combat, as well as three basic rules: ju, seyroku zenzo and jita kyoei.

Relating to skills:

PEU_U01: He/She can use basic technical elements (throws, holds, joint locks, strangles) to an extent required by 3 kyu rank exam.

PEU_U02 : Student can safely perform falls in both formal form (demonstration) and combat.

Relating to social competences:

PEU_K01: Student actively participates in the classes.

PEU_K02: He/She cooperates within the group, offers other participants support in striving for sport perfection.

PROGRAMME CONTENT		
Form of classes - class		Number of hours
Cl. 1	Organization of classes. Basic safety and hygiene rules, syllabus, the requirements for passing a course. Exercises to get accustomed to the mat and the opponent, repetition of falls techniques.	2
Cl. 2	Ukemi waza, katame waza (osaekomi – waza) practicing backward and side fall, upper four quarter hold down, back throws.	2
Cl. 3	Ukemi waza, katame waza (osaekomi – waza) , practicing holds and falls, practicing major heap throw.	2
Cl. 4	Ukemi waza, katame waza (osaekomi – waza) , practicing holds and falls. Practicing entangled arm lock and big outer reap.	2
Cl. 5	Nage waza (ashi waza), katame waza (kansetsu waza) , practicing falls, holds, locks and strangles, learning small outer reap.	2
Cl. 6	Nage waza (koshi waza), katame waza (shime waza) , practicing locks, shoulder holds, naked strangle, further practice of sweeping heap throw.	2
Cl. 7	Nage waza (te waza), katame waza (shime waza) , repetition of strangles, triangle choke, further practice of sweeping heap throw and one-arm shoulder throw.	2
Cl. 8	Nage waza (te waza), katame waza (kansetsu waza) , repetition of triangle choke and arm crush triangular arm lock, learning learning body drop.	2
Cl. 9	Nage waza (ma-sutemi- waza), katame waza (shime waza) , practicing sliding lapel strangle, training of ground fight, learning circle throw, practicing forward fall.	2
Cl. 10	Nage waza (yoko-sutemi-waza), katame waza (randori) , training ground fight, practicing circle throw, learning outer wraparound.	2
Cl. 11	Nage waza – combinations and counters, randori , practicing entry and advancing methods in holds, learning counters to one-arm shoulder throw, training standing and ground fights.	2
Cl. 12	Nage waza – kombinacije, randori , practicing entry and advancing methods in locks, learning combinations with one-arm shoulder throw, training standing and ground fights.	2
Cl. 13	Nage waza, katame waza – combinations, randori , practicing entry and advancing methods in strangles, learning combinations with one-arm shoulder throw, training standing and ground fights.	2
Cl. 14	Nage waza- counters, katame waza– combinations, randori , practicing entry and advancing methods in ground fights, learning counters to big outer reap, training standing and ground fights.	2
Cl. 15	Repetition of techniques, final grading. Repetition of learned techniques in pairs, educational film, summary of the classes, assessment of the group's progress, information on possibilities to continue the course on higher levels.	2
	Total hours	30

TEACHING TOOLS USED
N1. Learning and practicing the techniques in formal forms. N2. The trainer's demonstration N3. Exams for degree in the Black Belt ranks. N4. Masters' demonstrations. N5. Educational films. N6. Practicing in pairs.

EVALUATION OF SUBJECT EDUCATIONAL EFFECTS ACHIEVEMENT

Evaluation: F – forming (during semester), C – concluding (at semester end).	Learning outcomes code	Way of evaluating educational effect achievement
F1	PEU_W01	Oral answers, demonstration, demonstration fight.
F2	PEU_U03	Attendance, participation and test.
P: F2 x 2 plus F1.		

PRIMARY AND SECONDARY LITERATURE

LITERATURA PODSTAWOWA:

- [1] Kobayashi K., Sharp H. E.: *Judo w ujęciu sportowym, w formie ćwiczonej w Japonii*. Warszawa: Wydawnictwo Budo–Sport, 1998. ISBN 83-901658-8-0.
- [2] Matwiejew S., Jagiełło W.: *Judo Trening sportowy*. Warszawa: Wydawnictwo Centralny Ośrodek Sportu, 1997. ISBN 83-86504-27-7.

LITERATURA UZUPELNIAJĄCA:

- [1] [1] Cochran S.: *Sila szybkość i kondycja w sztukach walki*. Zielonka: Wydawnictwo Inne spacer – Sembrador, 2011. ISBN 978-83-930794-2-1.

SUBJECT SUPERVISOR (NAME AND SURNAME, E-MAIL ADDRESS)

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