

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

Name in Polish : AIKIDO - PODSTAWY
Name in English : AIKIDO - BASICS
Level and form of studies : 1st level, full-time
Profile : academic, practical
Kind of subject : optional, university-wide
Subject code : WFW032011
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 SOCIAL COMPETENCES

1. Absence of medical contraindication to take active part in physical education activities.
2. Proper clothing – long sports trousers and T-shirt

SUBJECT OBJECTIVES

- C1: Getting familiar with Japanese martial arts – Aikido.
 C2: Arousing students' interests in physical education through practicing Aikido.
 C3: Ability to use techniques of self-defense.
 C4: Developing of general fitness through practicing Aikido

SUBJECT EDUCATIONAL EFFECTS

relating to knowledge:

PEK_W01: a student knows some basic information about Aikido.

PEK_W02: a student knows common Japanese terms used in Aikido: numerals, names of aikido techniques

relating to skills:

PEK_U01: a student is able to fall and roll safely.

PEK_U02: a student knows the basic disarming techniques in Aikido

relating to social competences:

PEK_K01: a student is able to work in pairs and in groups.

PEK_K02: a student knows how to apply the self- defense techniques safely (responsibility for a partner)

PROGRAMME CONTENT		
Form of classes - lecture		Number of hours
Cl. 1	Safety training . Learning rules and ceremony of Aikido class.	2
Cl. 2-4	Gymnastics basics of falls and rolls.	6
Cl. 5	Variants of wrist leverage : Nikkyo	2
Cl. 6	Variants of wrist leverage: kote geashi.	2
Cl. 7	Variants of elbow and shoulder leverage: ikkyo.	2
Cl. 8	Variants of elbow and shoulder leverage: tokyo.	2
Cl. 9	Variants of elbow and shoulder leverage: sankyo.	2
Cl. 10	Throws with a forward roll: juji nage.	2
Cl. 11	Throws with a forward roll: kokyu nage.	2
Cl. 12	Throws with a backward roll: kokyu ho.	2
Cl. 13	Throws with a backward roll: shiho nage.	2
Cl. 14	Throws with a backward roll: kokyu ho, shiho nage, irimi nage.	2
Cl. 15	Revision, Course completion..	2
Total hours		30

TEACHING TOOLS USED

N1. Practical exercises.
 N2. The trainer's demonstration.
 N3. Demonstration.
 N4. Lecture

EVALUATION OF SUBJECT EDUCATIONAL EFFECTS ACHIEVEMENT

Evaluation: F – forming (during semester), C – concluding (at semester end).	Educational effect number	Way of evaluating educational effect achievement
F1	PEK_W01, W02	Oral answers.
F2	PEK_U01, U02	Attendance, exercises, participation in class, test.
C: Attendance, participation and attitude in class and grade average of F1 and F2.		

PRIMARY AND SECONDARY LITERATURE

PRIMARY LITERATURE:

[1] Ratti O.: *Aikido i dynamiczna sfera*. Wydawca: Diamond Books 2001.

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

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