

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

|                                  |   |
|----------------------------------|---|
| <b>Name in Polish</b>            | <b>: JUDO (SEKCJA)</b>                                      |
| <b>Name in English</b>           | <b>: JUDO (VARSITY DIVISION)</b>                            |
| <b>Level and form of studies</b> | <b>: 1<sup>st</sup> and 2<sup>nd</sup> level, full-time</b> |
| <b>Profile</b>                   | <b>: academic, practical</b>                                |
| <b>Kind of subject</b>           | <b>: optional, university-wide</b>                          |
| <b>Subject code</b>              | <b>: WFW032034</b>  |
| <b>Group of courses</b>          | <b>: NO</b>   |

|   | Lecture | Classes              | Lab. | Project | Sem. |
|---|---------|----------------------|------|---------|------|
| Number of hours of organized classes in University (ZZU)                        |         | 60                   |      |         |      |
| Number of hours of total student workload (CNPS)                                |         | 60                   |      |         |      |
| 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 contradictions to participate in judo trainings confirmed by sports medicine doctor.
2. Technical proficiency, earned during professional trainings in judo or ju-jitsu clubs, or during Wroclaw University of Technology judo courses, enabling students to participate in trainings fights and judo competitions.
3. Possession of student's own sport equipment (judogi).
4. Obligatory membership of AZS and AKS PWr following qualification to the varsity in order to represent the University in sport competitions.

**SUBJECT OBJECTIVES**

- C1: Preparation of the Wroclaw University of Technology representation to take part in Polish University Championships and Wroclaw University of Technology Judo Championships.
- C2: Providing thorough fitness preparation and cultivating ethical rules in sport, as well as self-discipline, personal hygiene, physical and mental health of varsity members.
- C3: Improving the members' sport results and pursuing their individual goals.

**SUBJECT EDUCATIONAL EFFECTS**

**Relating to knowledge:**

- PEK\_W01: Student knows the safety rules of judo training and knows how to prepare him/herself for the classes.
- PEK\_W02: He/She knows judo rules, as well as technical and strategic elements of judo sport combat, history of the sport and three basic rules: ju, seyroku zenzo and jita kyoei.

**Relating to skills:**

- PEK\_U01 : Student can practically use basic technical elements (throws, holds, locks and strangles) and use them in combination, attacks and counterpunches.
- PEK\_U02: Student can assess his/her fitness level and take responsibility for its improvement.

**Relating to social competences:**

- PEK\_K01: Student uses fair play guidelines in both sport fights and everyday life.
- PEK\_K02: He/She cooperates within the team, offers other participants support in striving for sport perfection.

| <b>PROGRAMME CONTENT</b>         |  |                        |
|----------------------------------|--|------------------------|
| <b>Form of classes - lecture</b> |  | <b>Number of hours</b> |
| Cl. 1-2                          | Organization of classes: description of medical contradictions preventing from the participation in judo trainings, equipment requirements, training program and requirements for passing the course.<br>Assessment of participants' individual skills and qualification to adequate training group.   | 4                      |
| Cl. 3 - 20                       | Improving motor attributes and repetition of techniques. Gradual shifting of the training loads along with increasing the number of training fights within the framework of preparatory period: <ol style="list-style-type: none"> <li>1. PREPARATORY PERIOD – MOTOR ATTRIBUTES (X-XI) – general fitness preparation based on games (in pairs and groups), exercises improving motor skills (endurance, agility, suppleness). Improving movement coordination through exercises involving elements of gymnastics, acrobatics and simulation exercises of judo techniques.</li> <li>2. PREPARATORY PERIOD – TECHNIQUE (X-XII) – tests and revisions of all techniques (katame – waza and nage - waza). Revision and consolidation of participants' skills.</li> <li>3. PREPARATORY PERIOD – TACTICS (X-XII) – forming the skill of using appropriate techniques, and of taking right decisions in combat through practicing fixed schemes a.(combinations and counters) and through training fights (one side and both sides randori).</li> </ol> | 36                     |
| Cl. 21 - 26                      | COMPETITION PERIOD – sparring fights, qualification and classification tests refereed by the coach and by the competitors with master judo grades organized in order to select University's representatives and assess the progress of varsity members. Participation in regional eliminations for AMP (for University representatives with minimum 3 kyu stage); AMP finals (competitors qualified in earlier stages) and in Wroclaw University of Technology Championships (all varsity members).  | 12                     |
| Cl. 27 - 29                      | Champions' performances and referee's courses organized before and after competition period by the coach, by the competitors with master judo grades and by guests from other clubs.   | 6                      |
| Cl. 30                           | Training videos, semester completion.  | 2                      |
| <b>Total hours</b>               |  | <b>60</b>              |

| <b>TEACHING TOOLS USED</b>  |
|---|
| <p>N1. Practical exercises – learning and practicing the techniques in formal forms.</p> <p>N2. Demonstration by the supervisor (or a student)</p> <p>N3. Exams for degree in the Black Belt ranks.</p> <p>N4. Masters' demonstrations.</p> <p>N5. Educational films.</p> |

| <b>EVALUATION OF SUBJECT EDUCATIONAL EFFECTS ACHIEVEMENT</b>  |                                  |   |
|---|----------------------------------|---|
| <b>Evaluation:</b><br>F – forming (during semester),<br>C – concluding (at semester end).               | <b>Educational effect number</b> | <b>Way of evaluating educational effect achievement</b>                       |
| F1  | PEK_W01, W02                     | Observation, test, trial.   |
| F2  | PEK_K01, K02, K03                | No negative notes on competitor's behavior during trainings and competitions. |
| F3  | PEK_U01, U02, U03                | Attendance, competition results, test.  |
| <b>C:</b> Attendance, active participation in classes as well as arithmetic mean derived from F1 and F2 |                                  |   |

**PRIMARY AND SECONDARY LITERATURE**

**PRIMARY LITERATURE:**

- [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.

**SECONDARY LITERATURE:**

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

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

Waldemar Biskup, waldemar.biskup@pwr.wroc.pl