

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

Name in Polish	: KARATE (SEKCJA)
Name in English	: KARATE (VARSITY DIVISION)
Level and form of studies	: 1st and 2nd level, full-time
Profile	: academic, practical
Kind of subject	: optional, university-wide
Subject code	: WFW032045
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 contraindications to take active part in karate training.
2. Possession of own sport equipment – karategi, gloves
3. Verification by the coach during the first training.
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 varsity division to take part in Lower Silesia University League (DLM) and Polish University Championships (AMP).
 C2: Giving former sportsmen possibilities to continue their career.
 C3: Popularization of the sport among academic community.

SUBJECT EDUCATIONAL EFFECTS

Relating to knowledge:

PEK_W01: a student knows safety rules of karate training and how to prepare him-/herself to the lessons.
 PEK_W02: a student knows up-to-dates WKF karate combat rules.

Relating to skills:

PEK_U01: a student can use karate techniques in sport combat.
 PEK_U02: a student can prepare a set of exercises developing motor capacity.

Relating to social competences:

PEK_K01: a student is aware the importance of physical activity for both mental and physical health.
 PEK_K02: a student observes fair play rules both during the classes and sport competition.
 PEK_K03: a student promotes the sport among academic community.

PROGRAMME CONTENT		
Form of classes - lecture		Number of hours
Cl. 1	Organization of classes: description of medical contradictions preventing from the participation in karate activities, safety rules. Learning the etiquette required in karate classes.	2
Cl. 2-6	Improving general endurance, dynamic strength, speed and suppleness. Preparation varsity members to represent the University in sport competitions (kumite and kata)	10
Cl. 7-13	Mastering karate techniques and tactics in sport combat – individual exercises, tasks fights, combat refereeing by the coach and varsity members	14
Cl. 14-15	Kata performance. Competitions. Crediting	4
Total hours		30

TEACHING TOOLS USED
N1. Demonstration N2. Practical exercises. N3. Training fights N4. Sport competition.

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 answer, demonstration,
F2	PEK_U01, U02	Demonstration, attendance.
C: Attendance, participation and attitude in class and a grade average of F1 and F2.		

PRIMARY AND SECONDARY LITERATURE
<u>PRIMARY LITERATURE:</u> [1] Masatoshi N.: <i>Best karate 1 – wprowadzenie</i> . Bydgoszcz: Wydawnictwo „Diamond Books”, 2012. [2] Masatoshi N.: <i>Best karate 2 – podstawy</i> . Bydgoszcz: Wydawnictwo „Diamond Books”, 2012.

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