

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

**Name in Polish** : KARATE SHOTOKAN  
**Name in English** : KARATE SHOTOKAN  
**Level and form of studies** : 1<sup>st</sup> level, full-time  
**Profile** : academic, practical  
**Kind of subject** : optional, university-wide  
**Subject code** : WFW032048  
**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. The absence of medical contradictions to take active part in classes.
2. Proper sports clothing and footwear.

**SUBJECT OBJECTIVES**

- C1: Getting familiar with basic karate techniques.  
 C2: Improving motor attributes specific to karate: movement coordination and quick reactions.

**SUBJECT EDUCATIONAL EFFECTS**

**Relating to knowledge:**

- PEK\_W01: Student knows basic karate techniques.  
 PEK\_W02: Student knows WKF competitive fighting rules.

**Relating to skills:**

- PEK\_U01: He/She can use learned karate techniques.  
 PEK\_U02 : Student can use learned karate techniques in combat.

**Relating to social competences:**

- PEK\_K01: Student knows the importance of physical activity for both mental and physical health.  
 PEK\_K02: Students promote social and cultural importance of sport and physical activity and care about their own preferences in the field of physical culture.

<b>PROGRAMME CONTENT</b>		
<b>Form of classes - lecture</b>		<b>Number of hours</b>
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. 2-8	Improving general endurance, dynamic strength, speed and suppleness. Practicing newly learned and learning new karate techniques. Doing more complex exercises in pairs. Introducing self-defense elements.	14
Cl. 9-14	Improving general endurance, dynamic strength, speed and suppleness. Practicing learned karate techniques. Practicing with equipment (medicine balls, punch mitts). Doing more complex exercises in pairs. Introducing elements of sport combat. Learning kata forms.	12
Cl. 15	Course completion.	2
<b>Total hours</b>		<b>30</b>

<b>TEACHING TOOLS USED</b>
N1. Demonstration. N2. Practical exercises.

<b>EVALUATION OF SUBJECT EDUCATIONAL EFFECTS ACHIEVEMENT</b>		
<b>Evaluation:</b> F – forming (during semester), C – concluding (at semester end).	<b>Educational effect number</b>	<b>Way of evaluating educational effect achievement</b>
F1	PEK_U01, U02	Demonstration, attendance.
C: Attendance, participatio, attitude in class, as well as arithmetic mean derived from F1		

<b>PRIMARY AND SECONDARY LITERATURE</b>
<b><u>PRIMARY LITERATURE:</u></b> [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.

<b>SUBJECT SUPERVISOR (NAME AND SURNAME, E-MAIL ADDRESS)</b>
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