

**Subject card**

<b>Subject name and code</b>	Judo with Elements of Self-defence, PG_00194184						
<b>Field of study</b>	Sport Management						
<b>Date of commencement of studies</b>	October 2026	<b>Academic year of realisation of subject</b>				2028/2029	
<b>Education level</b>	Bachelor's studies	<b>Subject group</b>				Optional subject group	
<b>Mode of study</b>	full-time studies	<b>Mode of delivery</b>				at the university	
<b>Year of study</b>	3	<b>Language of instruction</b>				Polish	
<b>Semester of study</b>	5	<b>ECTS credits</b>				2.0	
<b>Learning profile</b>	academic	<b>Assessment form</b>				credit	
<b>Conducting unit</b>							
<b>Name and surname of lecturer (lecturers)</b>	<b>Subject supervisor</b>		dr Sabina Nowak				
	<b>Teachers</b>						
<b>Lesson types</b>	<b>Lesson type</b>	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	<b>Number of study hours</b>	0.0	30.0	0.0	0.0	0.0	30
	E-learning hours included: 0.0						
<b>Learning activity and number of study hours</b>	<b>Learning activity</b>	Participation in didactic classes included in study plan		Participation in consultation hours		Self-study	SUM
	<b>Number of study hours</b>	30		1.0		19.0	50
<b>Subject objectives</b>	<p>The aim of the course is to familiarize students with issues related to Judo. The theoretical foundations of the discipline will be discussed, along with its history and social conditions, which can be used in various areas of sports clubs, sports academies, and other types of sports-related business activities. Practical exercises are designed to familiarize students with the technical elements of judo, thereby increasing their self-awareness in the area of physical culture and caring for balanced psychophysical development.</p>						
<b>Learning outcomes</b>	<b>Course outcome</b>		<b>Subject outcome</b>		<b>Method of verification</b>		
	[ZSSML3_U11] Can engage and collaborate in teams, assuming different roles.		Works in a team, applying the principle of fair play, and has a sense of responsibility for their own health and safety and for others'.		[SU6] demonstration of practical skills [SU8] observation of student's independent or team work		
	[ZSSML3_K02] Is ready to perform professional roles responsibly, adhere to professional ethics and require the same of others, and care for the achievements and traditions of professions related to management and the sports market.		Is aware of how to promote the social and cultural significance of sport and physical activity.		[SK2] presentation/project/paper/report [SK6] demonstration of practical skills		
<b>Subject contents</b>	<ol style="list-style-type: none"> <li>Judo history, social context, etiquette, essential information.</li> <li>Training motor skills in Judo (general fitness, specific fitness).</li> <li>Basics of Judo technique</li> <li>Forms and methods of teaching Judo.</li> <li>Judo in self-defense.</li> <li>Observation of Judo competitions.</li> <li>Rules of sport combat, competition systems. Basic rules of refereeing.</li> <li>Organizational structures of Judo (national, European, global).</li> </ol>						
<b>Prerequisites and co-requisites</b>							

Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
		presentation	51.0%
Recommended reading	Basic literature	1. Jagiełło W. (1995): Szkolenie początkowe w judo, Trening, nr 2 (26) 2. Kano J. (1986): Kodokan Judo, Kodansha International, New York 3. Adams N., Yeon O. (2011): Judo Evolution. A guide to rulechanges and innovations. Ippon Books Ltd.	
	Supplementary literature	1. Jagiełło W. (2000): Wieloletni trening judoków, Biblioteka Trenera, COS, Warszawa. 2. Jaskólski E. (1987): Judo jako środek działania w realizacji celów wychowania fizycznego, AWF, Wrocław 3. Pawluk J. Judo mistrzów. Rok Wydania: 1981 Sport i Turystyka	
	eResources addresses		
Example issues/ example questions/ tasks being completed			
Work placement	Not applicable		

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