

Subject card

Subject name and code	Judo with Elements of Self-defence, PG_00194193						
Field of study	Sport Management						
Date of commencement of studies	October 2026	Academic year of realisation of subject				2028/2029	
Education level	Bachelor's studies	Subject group				Optional subject group	
Mode of study	full-time studies	Mode of delivery				at the university	
Year of study	3	Language of instruction				Polish	
Semester of study	6	ECTS credits				2.0	
Learning profile	academic	Assessment form				credit	
Conducting unit							
Name and surname of lecturer (lecturers)	Subject supervisor		dr Sabina Nowak				
	Teachers						
Lesson types	Lesson type	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	Number of study hours	0.0	30.0	0.0	0.0	0.0	30
	E-learning hours included: 0.0						
Learning activity and number of study hours	Learning activity	Participation in didactic classes included in study plan		Participation in consultation hours		Self-study	SUM
	Number of study hours	30		1.0		19.0	50
Subject objectives	<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>						
Learning outcomes	Course outcome		Subject outcome		Method of verification		
	[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		
	[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		
Subject contents	<ol style="list-style-type: none"> Judo history, social context, etiquette, essential information. Training motor skills in Judo (general fitness, specific fitness). Basics of Judo technique Forms and methods of teaching Judo. Judo in self-defense. Observation of Judo competitions. Rules of sport combat, competition systems. Basic rules of refereeing. Organizational structures of Judo (national, European, global). 						
Prerequisites and co-requisites							

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. Pawlúk 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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