

Eastern European University of Applied Sciences

in Białystok

Faculty of Physical Education and Tourism

Course Unit					Martial arts: Karate		
Bachelor in Physical Education					Code: I/K/35		
Year of study	Semestr	Type	Workload (hours)		Contacts hours	ECTS credits	Language of instruction
III	5	semestral	50	Lectures	0	2	1. Polish 2. Polish with additional English suport for foreign students
				Problem solving	30		
Name (s) of lecturer (s)							
e-mail:							
Prerequisites:							
<p>Before the course unit the learner is expected to:</p> <p>1. Have the basic knowledge of the principles of safety and self-control necessary in the practical classes of physical education lessons.</p>							
Learning outcomes and competences							
<p>At the end of the course unit the learner is expected to be able to:</p> <p>1. Use the basic theoretical knowledge in the field of martial art as well as diagnose and assign practical activities.</p> <p>2. Show the technique of doing exercises, belay and properly apply the methodology of teaching in the field of martial arts</p> <p>3. Select and present the basic means and training methods in karate.</p> <p>4. Use simple motivation and supportive techniques in working with children and youths, assess and interpret their behavior.</p> <p>5. Independently undertake activities related to self-education, gaining additional qualifications as well as permanent training and maintaining physical condition.</p>							
Course contents (lectures):							

- 1. Outline of the history of karate in Poland and in the world.*
- 2. Referee rules and combat rules.*
- 3. Basics of sport combat.*
- 4. Combinations of defense and counterattack.*
- 5. Games and activities specific to karate.*

Authorisation – course coordinator and course teachers (signatures):

Course contents (problem solving):	
<p><i>1.Stances and ways of moving in a fighting stance: natural, outward, backward, inward stance. 2.Hand attack techniques: straight blow (oi zuki), counter blow (gyaku zuki), stabbing blow (kizami zuki). 3.Leg attack techniques: forward kick (mae geri), round kick (mawashi geri), side kick (yoko geri) 4.Combinations of hand attack techniques (kizami zuki / gyaku zuki), (gyaku zuki chudan / gyaku zuki jodan). 5.Combinations of hand and foot attack techniques (kizami zuki/mawashi geri), (gyaku zuki/mawashi geri).</i></p>	
Teaching and learning methods:	
<p><i>Methods based on the students' practical activity of direct and indirect nature (performing didactic tasks in a specific school, simulation method, drama).</i></p>	
Assessment methods:	
<p><i>1.Continuous evaluation 2.Practical Work</i></p>	
Recommended reading	
1.	1.Nakayama M.: Best karate. Wprowadzenie. Diamond Books. Bydgoszcz 2012
2.	2.Nakayama M.: Best karate. Podstawy. Diamond Books. Bydgoszcz 2012
3.	3.Nakayama M.: Best karate. Kumite. Diamond Books. Bydgoszcz 2013
4.	4.Miłkowski J.: Sztuki i sporty walki Dalekiego Wschodu. Sport i Turystyka. Warszawa 1987
5.	5.Morris V., Trimble A., (2014) Advanced Karate Manual, Ebury Publishing.

Autoryzacja – koordynator przedmiotu wraz z osobami prowadzącymi (podpisy):