*Annex No. 1.5 to the Order of the Rector of the University of Rzeszow No. 12/2019*

**SYLABUS**

**applies to the** 2023-2026 **education cycle**

(extreme dates)

2023/2024 academic year

**1. INFORMATION ABOUT THE SUBJECT**

|  |  |
| --- | --- |
| Name of the subject | Martial Arts (karate, boxing, fencing) |
| Code of the subject\* |  |
| Name of the unit providing the course | College of Medical Sciences |
| Name of the unit carrying out the subject | Institute of Physical Culture Sciences |
| Field of study | Physical education |
| Study degree | 2nd degree |
| Profile | general academic |
| Form of studies | stationary |
| Year and semester(s) of study | II semester 3 |
| Type of subject | Major, optional |
| Language of lecture | Polish |
| Coordinator | Dr. Gabriel Szajna |
| Name and surname of the instructor(s) | Dr. Gabriel Szajna, Dr Marian Rzepko, Dr Marta Niewczas |

**\* *-****optional, as agreed with the Unit*

1.1.Form of classes, numer of hours and ECTS points

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Semester  (no) | Lect. | Class | Conw. | Lab. | Sem. | Pract. | Intern. | Others (what?) | ECTS points |
| III |  |  |  | 15 |  |  |  |  | 2 |
|  |  |  |  |  |  |  |  |  |  |

**1.2. Type of classes**

X traditional classes

☐ online classes

**1.3 Form of credit (of the course)(examination, marked credit, unmarked credit)**

Classes- marked credit

2.PREREQUISITES

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| SPORTS TRAINING THEORY, COMBAT SPORTS: BOXING, KARATE |

**3. GOALS, LEARNING OUTCOMES, CURRICULUM CONTENT AND APPLIED DIDACTIC METHODS**

**3.1 Objectives of the course**

|  |  |
| --- | --- |
| C1 | Acquisition by the student of practical skills to conduct martial arts classes - fencing |
| C2 | Analysis of teaching methods in saber fencing, |
| C3 | Transfer of knowledge in the field of sports combat strategies |

**3.2 Learning outcomes**

|  |  |  |
| --- | --- | --- |
| Ek (Learning Outcome) | content of the learning outcome defined for the subject | reference to field outcomes |
|  |  |  |
| EK­\_01 | knows the methods of sports training, fitness preparation, planning, implementation and control of training as well as post-training effects in fencing, | K\_W06  SKN/WFII/W6 |
| EK­\_02 | knows and understands advanced methods of performing motor tasks and teaching movement | K\_W07  SKN/WFII/W6 |
| EK­\_03 | Knows the rules of constructing fencing curricula,  the use of teaching aids in the process of physical education, including accessories, sports equipment and devices, the use of modern information and computer technologies and internet applications to measure individual physical activity. | K\_W10  SKN/WFII/W8 |
| EK­\_04 | has in-depth knowledge of creating school physical culture associations in the field of student fencing clubs  knows and understands advanced methods of performing motor tasks and teaching movement | K\_W14  SKN/WFII/W6 |
| EK­\_05 | has extensive knowledge of teaching and self improvement as well as regulations in the field of fencing and conducting fencing competitions;  knows and understands the organization of work in groups, the need for individualization of teaching fencing.  knows and understands advanced methods of performing motor tasks and teaching movement | K\_W15  SKN/WFII/W6 |
| EK\_06 | can adjust the method of teaching fencing during the lesson, recognize mistakes in the classes and apply corrective actions in the didactic process.  can identify typical exercises and motor tasks with the general and specific requirements of the core curriculum, physical education curriculum in secondary school, develop key competences in the process of physical education at the stage of secondary school.  Can construct the tools (tests) to control and evaluate the motor skills . | K\_U04  SKN/WFII/U1  SKN/WFII/U9 |
| EK\_07 | Can demonstrate advanced technical skills in saber fencing.  Is able to use control, corrective and guiding activities in order to eliminate the mistakes while teaching or improving specific motor skills | K\_U08  SKN/WFII/U10 |
| EK\_08 | Can formulate a research hypothesis based on the measurement of reaction time in fencing,  is able to use control, corrective and guiding activities in order to eliminate the mistakes while teaching or improving specific motor skills | K\_U10  SKN/WFII/U10 |
| EK\_09 | is able to conduct fencing training with the use of traditional and modern methods of performing motor tasks,  is able to use control, corrective and guiding activities in order to eliminate the mistakes while teaching or improving specific motor skills | K\_U16  SKN/WFII/U10 |
| EK\_10 | critically evaluates the received knowledge and perceived content, and is ready to think creatively and act in the research, education and training process  - accepts the received grade for the level of their knowledge, practical skills, participation in the research, education and training process  - participates in research projects  - undertakes and implements specific research, educational and training projects on their own initiative | K\_K01 |
| EK\_11 | Organizes recreational and sports events with elements of games in martial arts - fencing  - cooperates with institutions in the organization of school or community recreational and sports events  - runs and judges school or community recreational and sports events  - develops the program and undertakes to organize an environmental recreational and sports event  - is ready to shape students' collaborative skills in groups, teams, and exercise units. | K\_K05  SKN/WFII/K5 |
| EK\_12 | With their attitude and behavior proudly maintain the ethos of the profession and work of a physical education teacher,  are ready to encourage students to undertake systematic physical activity and to learn throughout their lives through independent work.  - pass practical skills tests at the good and very good level  - have certificates of qualifications in the field of various forms of physical activity  - are aware that they should take care of their own physical fitness and health  Are ready to shape students' collaborative skills in groups, teams, and exercise units  develop students' curiosity, activity and independence as well as logical and critical thinking in relation to a variety of individual and team forms of physical activity | K\_K10  SKN/WFII/K5  SKN/WFII/K7 |

**3.3 Program content**

A. Lectures

|  |
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| Content N/A |

B. Content of auditorium, seminar, laboratory exercises, practical classes

|  |
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| Course content |
| Posture and methods of movement in fencing: steps, lunge, step lunge, flunge, throw |
| The basics of saber fencing techniques: weapons, mask, clothes, safety during classes |
| Fencing activities - offensive, offensive and defensive actions: saber, foil, sword |
| Individual and collective fencing lesson |
| Methodology of teaching fencing exercises with a partner |
| Analysis of fencing fights for sabers, rules and regulations |
| Test measuring simple and complex reaction time on the example of fencing |
| Tactics and strategy in fencing |
| Teaching aids in conducting fencing classes |
| Elements of martial arts in the physical education program in secondary school |
| The use of control and corrective actions in teaching fencing techniques |
| Developing cooperation skills in fencing classes |
| Encouraging students to practice martial arts in extracurricular and out-of-school time |

3.4 Teaching methods

Practical classes - subject exercises, project method

4. ASSESSMENT METHODS AND CRITERIA

4.1 Ways to verify learning outcomes

|  |  |  |
| --- | --- | --- |
| Effect symbol | Assessment methods of learning outcomes  (e.g. colloquium, oral exam, written exam, project, report, observation during classes) | Form of didactic activity  (lecture, class ...) |
| ek\_ 01 | observation during classes formative assessment | classes. |
| ek\_ 02 | project | classes |
| ek\_ 03 | colloquium | classes |
| ek\_ 04 | observation during classes | classes |
| ek\_ 05 | observation during classes | classes |
| ek\_ 06 | observation during classes | classes |
| ek\_ 07 | observation during classes | classes |
| ek\_ 08 | observation during classes | classes |
| ek\_ 09 | observation during classes | classes |
| ek\_ 10 | observation during classes | classes |
| ek\_ 11 | observation during classes | classes |
| ek\_ 12 | observation during classes | classes |

4.2 Conditions of passing the subject (assessment criteria)

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| --- |
| The condition for passing the course is the average grade consisting of:  1. Knowledge:  grade from the test - points from the test at least 51% -60% satisfactory, 61% - 70% satisfactory plus, 71% -80% good, 81% -90% good plus, 91% - 100% very good;  evaluation of the project based on: dst evaluation - 1 scientific article, db evaluation - 2 scientific articles, bdb evaluation - 3 scientific articles  2. Skills: fencing technique assessment:  Satisfactory - correct performance of 3 elements - attack, cover, advance;  Good - performance of 4 elements - attack, cover, advance, counter-attack;  Very good - performance of 5 elements - attack, cover, advance, complex attack, counter-attack.  3. Social competences -: grade 3 - implementation of 1 criterion, grade 4 - implementation of 2 criteria, grade 5 - implementation of 3 competence criteria |

**5. TOTAL STUDENT'S WORK INPUT REQUIRED TO ACHIEVE THE INTENDED EFFECTS IN HOURS AND ECTS CREDITS**

|  |  |
| --- | --- |
| **Form of activity** | **Average number of hours to complete the activity** |
| Contact hours according to the studies plan | 15 hours |
| Others with the participation of an academic teacher (participation in consultations, examination) | Participation in consultations 6 hours |
| Non-contact hours - own work  (preparation for classes, examinations, writing a paper, etc.) | Preparation for classes 15 hours  Literature review 4 hours  Project preparation 10 hours |
| TOTAL HOURS | 50 |
| TOTAL ECTS | 2 |

*\* It should be considered that 1 ECTS point corresponds to 25-30 hours of total student workload.*

6. PROFESSIONAL TRAINING WITHIN THE COURSE

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| --- | --- |
| hours |  |
| rules and forms of internship |  |

7. LITERATURE

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| Basic:  Czajkowski Z. Taktyka i psychologia w szermierce, wyd. AWF  Katowice, 2007  Łuczak M. Szermierka sportowa w świetle współczesnych badań, wyd.  AWF Poznań, 2013  Socha T.[red.] *Współczesne problemy badawcze w szermierce*, wyd.  AWF Katowice 2009.  Szajna G. *Sporty walki na Podkarpaciu w latach 1945-1989*  Uniwersytet Rzeszowski, 2011  Szajna G.L. *Podręcznik ćwiczeń z partnerem*, PWSZ Krosno 2018 |

Acceptance by the Head of the Unit or an authorized person