

Subject card

Subject name and code	, PG_00156120						
Field of study	Sport Management						
Date of commencement of studies	October 2025		Academic year of realisation of subject		2025/2026		
Education level	Bachelor's studies		Subject group		Obligatory subject group in the field of study		
Mode of study	full-time studies		Mode of delivery		at the university		
Year of study	1		Language of instruction		Polish		
Semester of study	1		ECTS credits		2.0		
Learning profile	academic		Assessment form		credit		
Conducting unit	Physical Education and Sports Centre -> Vice-Rector for Student Affairs -> Rector						
Name and surname of lecturer (lecturers)	Subject supervisor		mgr Tomasz Aftański				
	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		0.0		20.0	50
Subject objectives	The aim of the course is to introduce students to Judo. The theoretical foundations of the discipline will be discussed together with the historical background and social conditions which can be used in various areas of sports clubs, sports academies and other sports-related business activities. Practical exercises are designed to familiarise students with the technical elements of Judo, thus increasing their self-awareness in the area of physical culture and taking care of a balanced psycho-physical development.						

Learning outcomes	Course outcome	Subject outcome	Method of verification
	[ZSSML3_K06] The student is ready to work in, co-create or manage a group. The student is able to think and act in an entrepreneurial manner.	Cooperates in a team by applying the ethics of 'fair play'.	[SK8] observation of student's independent or team work
	[ZSSML3_U10] The student can prepare written works and multimedia presentations on specific issues in the field of management and quality studies, present them and lead discussions in Polish and foreign languages.	Is able to use knowledge to demonstrate technique to perform a movement task in judo.	[SU2] presentation/project/paper/report
	[ZSSML3_K07] The student is aware of the need to adapt his behavior and conduct to their role in the team.	Has a sense of responsibility for their own and others' health and safety.	[SK8] observation of student's independent or team work
	[ZSSML3_U07] The student is able to find the necessary information to make rational decisions of an operational and strategic in enterprises operating in the sports market and in other sports entities.	Is able to assess the correctness of the safe execution and application of self-defence elements.	[SU2] presentation/project/paper/report
	[ZSSML3_K02] The student is aware of the need to supplement and expand the acquired knowledge and skills and strives to combine knowledge from different fields and disciplines of science interdisciplinarily.	Has an awareness of how to promote the social and cultural importance of sport and physical activity.	[SK6] demonstration of practical skills
	[ZSSML3_W14] The student has a structured, detailed knowledge of the operation of companies and other entities in the sports market.	Has a basic knowledge of Judo with elements of self-defence.	[SW2] presentation/project/paper/report
Subject contents	1. Judo - history, social context, etiquette, essential information.2. Training of motor characteristics in Judo (general fitness, special fitness).3. Basics of Judo technique.4. Forms, methods of teaching Judo. 5. Judo in self-defence.6. Observation of sports competitions in Judo.7. Rules of sport fighting, systems of competition. Basic principles of refereeing. 8. Organisational structures of Judo (national, European, world).		
Prerequisites and co-requisites	None		
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
	written test	51.0%	50.0%
	presentation	51.0%	50.0%
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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