

## COURSE DESCRIPTION

**University:** *University of Presov*

**Faculty/university workplace:** *Faculty of Sports*

**Code:** *8KES/BZUS1/22*

**Course title:** *Combat sports 1*

**Type, scope and method of educational activity:**

Type of educational activity: *Seminar*

Scope of educational activity: *2 hour per week, 26 per semester*

Method of educational activity: *Attendance*

**Number of credits:** *3*

**Recommended semester:**

*2nd year WT*

*Special physical training in security forces (PPBZB)*

**Study grade:** *Bachelor*

**Conditions for passing the course:**

**Form of assessment:**

*the subject is finished by the exam*

**Final evaluation:**

*Conditions for passing the course: Exam*

*Continuous evaluation:*

*In the examination period, the student will take a written test and a practical form of the examination.*

*The final grade of the course is calculated as the average of the grade of the written test with a minimum pass mark of 50 % and the grade of the practical examination, where to achieve the value E it is necessary to achieve a level of at least 50 % in the specified sport of technical grappling activities.*

*By the end of the teaching part of the semester, the student must meet the following requirements to receive credit for the course completed by examination:*

- produce an assigned group seminar paper (4 - 6 students) of 10 - 15 pages on a specified topic, which must be presented collectively during the semester with practical demonstrations, with a minimum success rate of 50%,*
- continuously present practical demonstrations of mastery of basic technical grappling activities according to the sequence of teaching (course outline - judo, karate, jiu-jitsu, kendo, fencing,...) with a minimum success rate of 50% (designated nage waza, katame waza, atemi waza,...),*

*Final evaluation:*

*In compliance with the Study Regulations of the University of Presov (2018):*

- student's attendance at face-to-face classes is compulsory (unexcused absence from such classes is assessed as a failure to meet the requirements for successful completion of the course)*
  - during the exam period, the student is entitled to one regular and two extra dates for taking the exam,*
  - the examination may be taken by a student who obtains a minimum pass mark of 50 % in each of the above intermediate examinations by the end of the teaching part of the semester.*
- In the examination period, the student will take a written and a practical form of the examination,*
- the final grade of the course is calculated as the average of the evaluation of the intermediate controls and the examination evaluation (evaluation of the seminar work,*

*practical mastery of the assigned technical field activities and the examination evaluation - written test and practical examination), it is determined by a classification scale consisting of six classification levels with success criteria for each level as follows: A (excellent): 100.00 - 90.00 %; B (very good): 89.99 - 80.00 %; C (good): 79.99 - 70.00 %; D (satisfactory): 69.99 - 60.00 %; E (sufficient): 59.99 - 50.00 %; and FX (inadequate): 49.99 % or less.*

*The student will receive credits for the course with a grade of A – E.*

### **Learning outcomes:**

*Learning outcomes:*

*If successfully completed the course, the student will acquire the following:*

*Knowledge:*

- is oriented in the basic historical points of the development of combat sports,*
- can relate, describe and demonstrate the development of individual combat sports,*
- argue and propose solutions to tactical problems adequately in a basic outline,*
- be able to think strategically and appropriately create prerequisites for the use of individual combat sports,*
- define basic concepts and use them correctly in practice,*

*Skills:*

- actively seeks and uses necessary information in solving practical movement tasks,*
- can adequately imitate and repeat the presented movement task within individual combat sports,*
- makes appropriate use of biomechanical principles and creative transfer,*
- is able to adapt to the actual movement task and appropriately combines the principles in the individual sport tasks,*
- has adequately consolidated habits and established basic movement patterns in the basic technical activities of the individual sport of grappling,*

*Competencies:*

- can describe and solve movement tasks in individual combat sports,*
- knows their structure, conditions within the basic rules,*
- can independently acquire knowledge in the field and make appropriate use of the information environment with up-to-date information,*
- communicates adequately at a professional level within individual disciplines,*
- reacts appropriately to stressful situations and can adapt to them with the development of solutions,*
- act with due regard for social and civic rules in practice,*
- is able to design a training structure appropriately, taking into account the principles and priorities of the individual combat sports,*
- be able to use and apply in practice the basic knowledge of preparatory and basic combat sports.*

### **Course content:**

*Course content:*

*Lectures:*

- Physical exercises of a fun, game and combat nature*
- Exercises in pairs in combat sports - kendo, fencing, combat sports,...*
- Basic c.s. strokes - deflection of the opponent of the basic c.s. character*
- Basic c.s. pushes - pushing an opponent in a basic c.s. manner*
- Combined training resistances - development of tactical thinking*
- Skating games - rules, achieving the goal in a competitive way*
- Use of falls, trips and sweeps, grappling strokes*
- Contact sports with the use of punches, kicks, body parts - rules and ways of fighting*

- Boxing, Thai boxing, Krav-Maga
- Kick boxing, Karate, Taekwondo
- Jiu-jitsu, Judo, wrestling
- Chinese fighting systems - Pa kua, Hsing-i, Tai-chi, Wing-chung
- Practical use of combat sports in training

### **Recommended literature :**

*Recommended literature:*

- RZEPKO, M., DROZD, S., ŽEGLEŃ, P., KRÓL, P., BAJOREK, W., CZARNY, W., 2019. *The Effect of Training Experience on Postural Control in Competitive Wrestlers. Journal of Human Kinetics*, vol.70, no.1, pp.39-45. <https://doi.org/10.2478/hukin-2019-0048>
- AMBROŻY, T., RYDZIK, Ł., KĘDRA, A., AMBROŻY, D., NIEWCZAS, M., SOBIŁO, E., CZARNY, W., 2020. *The effectiveness of kickboxing techniques and its relation to fights won by knockout. Archives of Budo. Vol. 16.*
- RYDZIK, Ł., NIEWCZAS, M., KĘDRA, A., GRZYMANOWSKI, J., CZARNY, W., AMBROŻY, T., 2020. *Relation of indicators of technical and tactical training to demerits of kickboxers fighting in K1 formula. Archives of Budo Science of Martial Arts and Extreme Sports. Vol. 16, s. 1-5*
- RYDZIK, Ł., MACIEJCZYK, M., CZARNY, W., KĘDRA, A., AMBROŻY, T., 2021. *Physiological Responses and Bout Analysis in Elite Kickboxers During International K1 Competitions. Front. Physiol. 12:691028. doi: 10.3389/fphys.2021.691028*
- AMBROŻY, T., RYDZIK, Ł., OBMÍŃSKI, Z., KLIMEK, A.T., SERAFIN, N., LITWINIUK, A., CZAJA, R., CZARNY, W., 2021. *The Impact of Reduced Training Activity of Elite Kickboxers on Physical Fitness, Body Build, and Performance during Competitions. Int. J. Environ. Res. Public Health. 18, 4342. https://doi.org/10.3390/ijerph18084342*
- ĐURECH, M., 2010. *Teória a didaktika úpolov pre SEBS. Brno: Fakulta sportovních studií, Katedra gymnastiky a úpoř, Masaryková univerzita Brno. [online][cit.2022-01-12]. Dostupné z: https://is.muni.cz/el/1451/podzim2010/bk413t/um/TaD\_Durech.pdf*
- BARTÍK, Pavol, Miroslav SLÍŽIK a Štefan ADAMČÁK, 2010. *Teória a didaktika úpolov pre základné a stredné školy [online]. Banská Bystrica: Univerzita Mateja Bela, Fakulta humanitných vied. [cit. 2018-03-03]. ISBN 978-80-557-0004-5. Dostupné z: https://www.ff.umb.sk/app/accountPropertiesAttachment.php?kernelUserID=IDaID=1863*
- BUTCHER, A., 2009. *Džudo. Sprievodca bojovým umením. Praha: Ottovo nakladatel'stvo. ISBN 9788073605803*
- GURGEL, F., 2009. *Brazílské džúdzucu. Základní technika. Praha: Naše vojsko. ISBN 9788020610539*
- WEINMANN, W., 2002. *Lexikon bojových sportu. Praha : Naše vojsko. ISBN 80-206-0613-0*
- CROMPTON, P., 1996. *Taiči. Olomouc: Votobia. ISBN 80-7198-061-7.*
- DRAEGER, D. F. a R. W. SMITH, 1995. *Asijská bojová umění. Bratislava: CAD PRESS. ISBN 80-85349-40-X.*
- ĐURECH, M., 2003. *Spoločné základy úpolov. 2.vydanie. Bratislava: Peter Mačura-PEEM. ISBN 80-88901-72-3.*
- KURFURST, Z., 1992. *WU SHU. KUNG-FU. Adamov: TEMPLE. ISBN 80-901295-0-1.*
- REBAC, Z., 1994. *Thajský box. Praha: Naše vojsko. ISBN 80-206-0444-8.*
- SDE-OR, I. (LICHTENFELD), E. YANILOV, 2001. *Krav Maga. How to Defend Yourself against Armed Assault. Tel Aviv: Dekel Publishing House. ISBN 965-7178-00-2.*
- SMITH, R., 1974 *Chinesse Boxing: Masters and Methods. Tokyo: Kodansha International.*
- SMITH, R., 1974. *Hsing-I. Chinese mind-Body Boxing. Tokyo and New York: Kodansha International Ltd.*
- SMITH, R., 1982. *Pa-Kua. Chinese Boxing for Fitness and Self-Defense. New York and Tokyo: Kodansha International Ltd.*

ŠEBEJ, F., 1998. *Karate*. 2. vydanie. Bratislava: TIMY. ISBN 80-88799-49-X.  
YANG JWING-MING., 1995. *Základy Tai-chi Chi-kung*. Bratislava: CAD PRESS. ISBN 80-85349-48-5.

**Notes:**

*Notes:*

*Student's workload distribution: total workload = 90 hours*

- contact teaching: 20 hrs.*
- elaboration of the assigned group seminar work in the range of 10 - 15 pages: 10 hrs.*
- individual theoretical preparation on the basis of recommended literature: 20 hrs.*
- individual practical training to meet the course requirements: 30 hours*
- self-study for the knowledge test: 10 hours*

*Completion of the course for a student with specific needs is modified in accordance with the recommendation of the faculty coordinator for students with specific needs.*

**Course evaluation:**

Total number of students evaluated: 157

A	B	C	D	E	FX
10%	31%	32%	14%	2%	11%

**Lecturers:**

*doc. PaedDr. Pavel Ružbarský, PhD., univer. prof., guarantor*

*prof. Mgr. Wojciech Jerzy Czarny, PhD., co-guarantor, examiner, seminary supervisor*

*Ing. Mgr. Ján Pivovarník, PhD., co-guarantor, examiner, seminary supervisor*

**Date of last change:** 01.09.2023

**Approved by:** *doc. PaedDr. Pavel Ružbarský, PhD., univer. prof.*