

Course description

Course abbreviation:	KTS/JU-SE	Page:	1 / 3
Course name:	Judo - self defence		
Academic Year:	2023/2024	Printed:	03.06.2024 08:13

Department/Unit /	KTS / JU-SE			Academic Year	2023/2024
Title	Judo - self defence			Type of completion	Pre-Exam Credit
Accredited/Credits	Yes, 1 Cred.			Type of completion	
Number of hours	Tutorial 2 [Hours/Week]				
Occ/max	Status A	Status B	Status C	Course credit prior to	NO
Summer semester	0 / -	1 / -	22 / -	Counted into average	NO
Winter semester	0 / -	1 / -	23 / -	Min. (B+C) students	10
Timetable	Yes			Repeated registration	YES
Language of instruction	Czech			Semester taught	Winter, Summer
Optional course	Yes			Internship duration	0
Evaluation scale	S\N				
No. of hours of on-premise					
Auto acc. of credit	Yes in the case of a previous evaluation 4 nebo nic.				
Periodicity	K				
Substituted course	None				
Preclusive courses	N/A				
Prerequisite courses	N/A				
Informally recommended courses	N/A				
Courses depending on this Course	N/A				

Course objectives:

Classes are orientated on the improvement of techniques and tactics in judo and self-defence in the street. Students with the top performance get prepared to the participation of the University of West Bohemia in the Czech academic games.

Requirements on student

Enrolments to the classes of P.E. are done by students according to their interests, abilities and sport skills. The condition for successful completion of the course and obtaining the credit is respecting the rules of regular attendance in P.E. classes, which is stated in the study regulations of the Department of Physical Education and Sports (KTS) at the University of West Bohemia (ZČU).

Students obtain the credit for active participation in semestral classes of P.E. of the chosen sports specialization.

Regular attendance in P.E. classes and an active approach to the classes is the essential prerequisite. Irregular attendance and a passive approach to the classes make it absolutely impossible for students to obtain the credits. In case of absence in classes, not higher than 30% the student has the possibility of compensation of the well-founded and apologized absences and obtaining the credit.

Content

This subject is intended for students of all faculties and years of studies, for beginners as well as for advanced students, who want to learn both basic and special skills and get knowledge of this sport.

Fields of study

Guarantors and lecturers

- **Guarantors:** Mgr. Tomáš Buriánek (100%)
- **Tutorial lecturer:** Mgr. Tomáš Buriánek (100%), Mgr. Jiří Valachovič (100%)

Literature

- **Basic:** Srdínko René, Vachun Michal. *Judo technika vybraných chvatů*. Olympia Praha, 1984.
- **Basic:** Náchodský, Z. *Nebojte se bránit*. Praha, Armex publishing s.r.o., 2006. ISBN 80-86795-43-8.
- **Recommended:** Andreas Schafer. *Judo*. 2007.

Time requirements

All forms of study

Activities	Time requirements for activity [h]
Contact hours	26
Total:	26

assessment methods

Knowledge - knowledge achieved by taking this course are verified by the following means:

Skills demonstration during practicum

prerequisite

Knowledge - students are expected to possess the following knowledge before the course commences to finish it successfully:

Basic knowledge and skills of P.E. obtained at basic and secondary school.

teaching methods

Knowledge - the following training methods are used to achieve the required knowledge:

Collaborative instruction

learning outcomes

Knowledge - knowledge resulting from the course:

Beginners - we provide extensive harmonic development of individuals, improvement of the general functional capacity of the organism and create bases for the gradual growth of special performance.

Advanced players - we provide development of special exercises orientated on the practice and improvement of various grips nad defence and other technical and tactical skills and psychological qualities.

Course is included in study programmes:

Study Programme	Type of	Form of	Branch	Stage	St. plan v.	Year	Block	Status	R.year	R.
Engineering	Bachelor	Full-time	Automotive Industry Specialist	1	2020	2023	Core elective courses: Physical Education	B		
Engineering	Bachelor	Full-time	Programming of NC Machines	1	2020	2023	Core elective courses: Physical Education	B		

Study Programme	Type of	Form of	Branch	Stage	St. plan v.	Year	Block	Status	R.year	R.
Engineering	Bachelor	Full-time	Quality Control	1	2020	2023	Core elective courses: Physical Education	B		
Mechanical Engineering	Bachelor	Full-time	Design Engineering of Power Machines and Equipment	1	2020	2023	Core elective courses: Physical Education	B		
Mechanical Engineering	Bachelor	Full-time	Design Engineering of Machines and Technical Devices	1	2020	2023	Core elective courses: Physical Education	B		
Mechanical Engineering	Bachelor	Full-time	Engineering Materials and Technology	1	2020	2023	Core elective courses: Physical Education	B		
Mechanical Engineering	Bachelor	Full-time	Industrial Engineering and Management	1	2020	2023	Core elective courses: Physical Education	B		
Mechanical Engineering	Bachelor	Full-time	Mechanical Engineering	1	2020	2023	Core elective courses: Physical Education	B		
Mechanical Engineering	Bachelor	Full-time	Technology of Metal Cutting	1	2020	2023	Core elective courses: Physical Education	B		