

# Martial Arts

## (Taekwondo, Karate)

### Work program of the discipline (Syllabus)

#### Details of the discipline

The level of higher education	<i>The First(Bachelor degree)</i>
Branch of knowledge	<i>All</i>
Specialty	<i>All</i>
Educational program	<i>All</i>
Discipline status	<i>Selective</i>
Form of studying	<i>Full – time (daily)</i>
Year of preparation, semester	<i>2 – nd year, autumn/ spring semester</i>
The scope of the discipline	<i>2 credits (60 hours) classroom classes: lectures - 0 hours, practical - 36 hours, self- studying -24 hours</i>
Semester control / control measures	<i>Credit, modular test, calendar control</i>
Lessons schedule	<i>2 hours per week</i>
Language of instruction	<i>Ukrainian</i>
Information about the course leader / teachers	<i>fv.fbmi.kpi.ua</i>
Course placement	<i>Wrestling Educational Department (Taekwondo, Karate) <a href="https://do.ipk.kpi.ua/course/view.php?id=2334">https://do.ipk.kpi.ua/course/view.php?id=2334</a></i>

#### Curriculum of the discipline

##### 1. Description of the discipline, its purpose, subject of study and learning outcomes

The main purpose of the discipline "Martial Arts (Taekwondo, Karate)" is the formation of students' ability to maintain a sufficient level of physical health, physical and mental capacity; to develop the basic vital professional-applied motor skills; to form motivation to engage in physical activity and sports as a component of a healthy lifestyle;

The discipline "Martial Arts (Taekwondo, Karate)" is interdisciplinary. It integrates, according to its subject, knowledge of medical-biological, psychological-pedagogical and other sciences, which contribute to the level of physical development, functional improvement of body systems, acquisition of basic vital motor skills, skills for further professional activity. As a result of studying the discipline "Martial Arts (Taekwondo, Karate)" students will be able to:

- 1) use the means of table tennis to improve physical and mental performance, development of physical qualities, recovery and health;
- 2) to exercise control and self-control over the functional state of the organism;
- 3) to ensure the preservation and strengthening of individual health in order to maintain an appropriate level of physical condition.

## The content of the discipline

- Topic 1. Information support for Taekwondo, Karate classes.
- Topic 2. Methods of determining the individual physical condition. Analysis and assessment of the level of individual physical fitness.
- Topic 3. Improving physical fitness by means of Taekwondo, Karate
- Topic 4. Improving the technique of performing Taekwondo, Karate exercises.
- Topic 5. Monitoring and assessing the level own physical fitness.
- Topic 6. Improving physical qualities by means of Taekwondo, Karate
- Topic 7. Testing the level of physical fitness

## 4. Educational materials and resources

### Basic educational literature:

#### Educational manuals:

1. Innovative technologies of physical education of students [Electronic resource]: a textbook for students studying the discipline "Physical Education" and students majoring in 227 "Physical Therapy, Occupational Therapy" / H.L Boyko [etc.]; KPI them. Igor Sikorsky; for general ed. Yu. M. Vykhyayev. - Electronic text data (1 file: 5.72 MB). - Kyiv: KPI named after Igor Sikorsky, 2018. - 543 p. - Name from the screen. URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/27546>

#### Additional literature:

1. Physical education: Course of lectures on the discipline for students of all specialties / Structure Vykhyayev Yu M., Davydenko V. Yu., Boyko H. L, Karpyuk I. Yu. - K .: NTUU "KPI", 2007, p. 6 - 13.

2. Physical Education. Athletic gymnastics for beginners (back muscles) [Electronic resource]: methodical recommendations for independent work of students / KPI. Igor Sikorsky; structure. O.F . Tverdokhlib, M.G. Masalkin, Yu. O. Martinov. - Electronic text data (1 file: 2.67 MB). - Kyiv: KPI named after Igor Sikorsky, 2017. - 43 p. - Name from the screen.

URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/20607>

3. Physical Education. Athletic gymnastics for beginners (muscles of the upper extremities) [Electronic resource]: methodical recommendations for independent work of students / KPI. Igor Sikorsky; O.F. Tverdokhlib, A.I .Sobolenko, M.M .Koryukaev. - Electronic text data (1 file: 1.47 MB). - Kyiv: KPI named after Igor Sikorsky, 2017. - 36 p. - Name from the screen.

URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/20606>

4. Physical education [Electronic resource]: methodical recommendations for independent physical education classes for students of the educational department of aerobics of NTUU "KPI". Methodical recommendations for students engaged in aerobics / NTUU "KPI"; structure. N.V. Ivanyuta, S.E. Tolmachova, N.V. Kuzmenko, N.V. Gradusova [etc.]. - Electronic text data (1 file: 32.4 KB). - Kyiv: NTUU "KPI", 2015. - 137 p. - Name from the screen.

URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/15480>

5. Physical Education. Methodical recommendations for performing a set of exercises with fitball for students of the aerobics department of NTUU "KPI" [Electronic resource] / NTUU "KPI"; structure. N.V. Ivanyuta, S.E. Tolmacheva. - Electronic text data (1 file: 906 KB). - Kyiv: NTUU "KPI", 2015. - 42 p. - Name from the screen.

Description: The full text of the document is available only in the local network of the university

URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/11742>

6. Methodical recommendations for performing a set of exercises on the Pilates system [Electronic resource] / NTUU "KPI"; structure. S.E. Tolmacheva, N.V. Ivanyuta. - Electronic text data (1 file: 17.1 MB). - Kyiv: NTUU "KPI", 2014. - 66 p. - Name from the screen.

Description: The full text of the document is available only in the local network of the university  
URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/8148>

7. Basic aerobics in the structure of health fitness [Electronic resource]: methodical recommendations for practical classes in the discipline "Physical Education" for students of all specialties / NTUU "KPI"; structure. N.V. Gradusova, N.V. Kuzmenko. - Electronic text data (1 file: 187 KB). - Kyiv: NTUU "KPI", 2011. - Name from the screen.

Description: The full text of the document is available only in the local network of the university  
URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/1780>

## Educational content

### 5. Methods of mastering the discipline (educational component)

Practical lesson №1. Objectives: 1. To provide theoretical knowledge on the history of the origin and development of martial arts.

2. Get acquainted with safety and the basic rules of practical tasks in the training department of wrestling and boxing.

3. Teach traditional greetings in karate, taekwondo.

4. Teach exercises that prepare the body for practice and warm-up in martial arts.

5. Teach the fighting stance in karate, taekwondo.

Tools: Interactive materials.

Conducting an express survey.

Practical lesson № 2. Tasks: 1. To determine the individual level of functional state of the heart - vascular system (CCC).

2. Get acquainted with the peculiarities of keeping a "Student Self-Control Diary".

3. Teach the correct formation of the fist and the impact points on it.

4. Teach the levels and vital points at which to attack in karate, taekwondo.

5. Teach the technique of direct counterattack with the front hand "front punch" on the spot.

Conducting an express survey.

Practical lesson № 3. Tasks: 1. To teach the technique of direct strike with the back hand "back punch" on the spot.

2. Teach the technique of improving hand strikes, using the technique of repetitions and multiple shootings and a piece of paper.

3. Teach the technique of performing physical exercises for the development of strength and endurance, push-ups and squats.

Tools: interactive materials, basic percussion techniques, strength exercises.

Conducting an express survey.

Practical lesson №4. Tasks: 1. To teach the technique of performing combinations using direct blows with the front and back hand on the spot.

2. Teach the technique of short movement of the same name back and forth. Technique of performing direct punches "front punch" and "back punch" in combinations on the spot after departure and approach.

3. Teach exercise techniques to develop back and abdominal muscle strength.

4. Promote the development of general physical training.

Means: interactive materials, hand strikes, movement of the same name, combinations, strength exercises.

Conducting an express survey.

Practical lesson №5. Tasks: 1. To teach the technique of attacking the direct blow of the same name with the front hand "front punch", back hand "back punch", separately and in combination "front-back punch".

2. Teach exercises to develop flexibility of the joints of the upper extremities and shoulder girdle.

3. Teach the technique of performing exercises for the development of strength and endurance, pull-ups and push-ups on bars and their lightweight variants.

Conducting an express survey.

Practical lesson №6. Tasks: 1. To teach the technique of protection by the method of support of the back palm at the end of the blow. The back of the palm rest on the retreat and the transition to the counterattack.

2. Teach exercises to develop flexibility of the joints of the lower extremities and torso.

Tools: interactive materials, defense techniques, movement techniques, exercises that promote the development of flexibility.

Conduct an express survey.

Practical lesson №7. Tasks: 1. To teach the technique of protection by parrying the front and back hand on the spot.

2. Teach the technique of protection by the method of parrying the back and front hand with the same retreat.

3. Promote the development of strength and endurance through strength exercises with your own weight.

Means: interactive materials, parrying techniques, attacking combinations, strength exercises.

Conducting an express survey.

Practical lesson №8. Tasks: 1. To teach the technique of protection against blows to the upper level, the method of deflection back. Teach back deflection and rapid counterattack ..

2. To teach the technique of counter-direct kick with the front kick and the technique of improving the direct kick with the front kick for one, three and four counts.

3. Teach exercises for the development of stability, coordination and special balance, "front kick balance" and statics.

4. Promote flexibility through special exercises.

Tools: interactive materials, defense techniques, direct kick, balance and stability exercises.

Conducting an express survey.

Practical lesson №9. Tasks: 1. To teach the technique of performing a direct kick with the back foot "back front kick" from the ground. Direct strike "back front kick" on one, three and four accounts.

2. Teach the tactical use of a direct kick with the back foot using care.

3. Contribute to the development of strength and flexibility through strength exercises with your own weight and flexibility exercises after their performance. } Conducting an express survey.

Practical lesson №10. Tasks: 1. To teach the technique of attacking a direct kick "front kick" from a place with a jump.

2. To teach the technique of transition to a counterattack using a direct kick "front kick" from a place with a jump after leaving.

3. Teach exercises, "lunge" and "pass with lunge" to develop leg muscle strength in combination with flexibility exercises. exercises.

Conducting an express survey.

Practical lesson №11. Tasks: 1. To teach the technique of breaking the distance by moving quickly back from the front leg. Combination with fast backward movement and rapid counterattack on the spot and with forward movement of the same name.

2. Teach the technique of performing an attacking direct kick with the front foot with a step and a jump.

3. Teach the attacking combination "front punch - front kick - back punch".

4. Promote the development of strength, endurance and flexibility through strength exercises with your own weight in combination with flexibility exercises after each approach.

Means: interactive materials, fast backward movement, attacking direct front kick, step with jump, combination of blows, strength exercises, flexibility exercises.

Conducting an express survey.

Practical lesson №12. Tasks: 1. To teach the technique of breaking the distance by the method of fast movement back from the hind leg. Combination with fast backward movement and rapid counterattack on the spot and with forward movement of the same name.

2. Teach the technique of performing an attacking direct kick with the back foot "back front kick" with a step forward. Teach the attacking combination "front punch - back front kick - back punch".

3. Promote strength, strength endurance and flexibility with self-weight strength exercises combined with flexibility exercises after each approach. with own weight, exercises that promote flexibility.

Conducting an express survey.

Practical lesson №13. Tasks: 1. To teach the technique of hitting the front and back hand from the outside in, the edge of the palm and forearm in the upper level.

2. Teach the technique of protection by the method of block with the edge of the palm and forearm from the outside inwards from blows to the upper and middle level.

3. To teach the technique of counter-circular kick with a round kick and the technique of improving the circular kick with a round kick for one, three and four counts.

4. Teach exercises for the development of stability, coordination and special balance, "round kick balance" and statics.

Means: interactive materials, circular kick, strikes with the edge of the palm from outside to inside, blocks from outside to inside, exercises to develop balance and stability.

Conducting an express survey.

Practical lesson №14. Tasks: 1. To teach the technique of circular blow with the front hand "front round punch" and front blow and block with the elbow from the place.

2. Teach the technique of circular blow with the back hand "back round punch" fist and elbow from the ground. Teach the combination of parrying with the back hand with the back circular punch and elbow.

3. Teach exercises to develop resilience, coordination and special balance, round kick balance and statics.

4. Promote the development of flexibility through special exercises and a complex for flexibility.

Means: interactive materials, circular hand strikes, elbow strikes, special exercises for the development of stability and balance, a complex for the development of flexibility. survey.

Practical lesson №15. Tasks: 1. To teach the technique of a circular kick with the back foot "back round kick" from a place. Execution of "back round kick" for one, three and four accounts.

2. Teach the technique of combining front and back circular punches with hands "round punch" from the place and after departure.

3. Teach the technique of strength exercises with dumbbells and promote the development of strength, endurance and flexibility with strength exercises with dumbbells in combination with flexibility exercises after each approach. , strength exercises with dumbbells, exercises to develop flexibility.

Conducting an express survey.

Practical lesson №16. Objectives: 1. To promote the manifestation of basic physical qualities. pull-ups on the crossbar (people);

Conducting an express survey

Practical lesson № 17

Performing a modular test

Practical lesson № 18.

Conducting a credit.

## 6. Independent work of the student

Preparation for practical classes, calculations based on primary data obtained during and after functional tests (at the beginning of each month), performance of modular control work (17-th week), keeping a diary of self-control.

## Policy and control

### 7. Discipline policy (educational component)

Class attendance rules: students who are late for classes are not allowed; students are admitted to classes if they have sportswear and sports shoes, and a certificate of their medical group for health reasons.

Rules of conduct in the classroom: turn off the phones, comply with safety requirements. Rules for the protection of individual tasks: compliance with the principle of academic integrity

Rules for awarding incentive points: incentive points are awarded for participation in competitions, sports and recreation activities according to the plan of the department, faculty, university (5... + 7 points); participation in city, national or international competitions (5... + 7 points), positive dynamics of physical condition in the diary of self-control (5... + 7 points).

*The amount of incentive points may not exceed 10 points.*

policy of deadlines and rescheduling: classes that are missed without good reason, are completed in the allotted time at the end of the semester. Students have the possibility of two reshuffles in the presence of the commission.

- other requirements that do not contradict the legislation of Ukraine and regulations of the University: when taking the test students must follow safety rules.
- policy on academic integrity : policy, principles of academic integrity and norms of ethical behavior of students and employees of the University are defined in the code of honor of KPI named after Igor Sikorsky (see: [https // kpi.ua / code](https://kpi.ua/code)).

### **Types of control and rating system for evaluation of learning outcomes (RSO)**

#### 1. Performing test tasks in practical classes

In practical classes №1-16 test tasks are evaluated in 1 point.

The maximum number of points for test tasks - 16 points.

#### 2. Modular test

Conducted on the 17th practical lesson in the form of a test containing 30 test tasks, each correct answer is evaluated in 1 point.

Maximum score - 30 points.

#### 3 . Keeping a Diary of Self-Monitoring

Keeping a diary is kept monthly.

Maximum score is 4 points.

tests on physical fitness - 50 points.

Jump up from a place (cm);

Men	55	51	48	43	40	≤39
Women	45	42	38	35	30	≤29
Points	10	9	8	7	6	5

Shuttle run 4 x 9 m, (sec)

Men	9,0	9,4	9,8	10,3	10,8	11,0	>11,0
Women	10,4	10,7	11,2	11,6	12,0	12,3	>12,3
Points	10	9	8	7	6	5	0

Strength exercise: men - pull-ups on the crossbar; women - flexion-extension of the arms lying down (times);

Men	10	9	8	7	6	5	<5
Women.	20	15	12	10	8	7	<7
Points	10	9	8	7	6	5	0

Flexibility exercise (cm);

Men	13	11	9	7	5	3	<3
Women	16	14	12	10	8	6	<6
Points	10	9	8	7	6	5	0

According to a separate schedule during the semester: freestyle swimming without taking into account time (m);

Men.	100	75	50	25	<25
Women	100	75	50	25	<25
Points	10	8	6	4	0

Calendar control is carried out during the semester as a monitoring of the current state of compliance with the requirements of the syllabus. A student receives a positive result from the QC when his current rating score is at least 50% of the maximum possible at the time of the QC.

The final assessment of the student's mastery of the educational component is assessed by the result of his work for the semester with the transfer of his rating points to the university assessment scale (Table 1).

*The final student's rating cannot exceed 100 points!*

(Semester control - credit. Week 18), it is given the opportunity to perform an integrated test, and his previous rating is revoked

Table 1

Student Score	University Score	Student rating points	University grade
95 – 100			Excellent
85 – 94			Very Good
75 – 84			Good
65 – 74			Satisfactory
60 – 64			Sufficient
< 60			Unsatisfactory

## 9. Additional information on the discipline (educational component)

During the passage of educational material on the discipline provides for the use of modern technologies in the educational process. During the academic period, students are expected to use the means and methods of self-control over the state of health, their compliance with the requirements for the prevention of injuries and diseases, keeping diaries of self-control over the state of the body.

Practical tasks are given to students depending on the current state of functional readiness of their body and the degree of their mastery of the technique of performing sports and physical exercises.

The method of realization of tasks is regulated by safety rules and realization by students of independent control over a condition of the basic functional systems.

The practical classes solve problems to increase the level of development of physical and mental qualities, use analytical approaches to the choice of methods for developing the strength of individual muscles and their groups, as well as methods and means of active recreation and recovery.

During classes, in accordance with the requirements and forms of organization of table tennis lessons, educational equipment and sports facilities are used.

The program material for groups of initial physical training includes:

- physical training, the main purpose of which is to create a base for improving the level of skill with the help of general physical means of training
- technical training, the main purpose of which is to improve individual technique, expand the range of motor skills;

### Working program of the discipline (syllabus):

Compiled by: Acting Head of the Department of Physical Education, Ph.D., Associate Professor, Boyko Hanna Leonidivna

Approved by the Department of Physical Education \_\_\_\_\_ (Minutes № 3 from 26. 11 2020 \_\_\_\_\_)

Approved by the Methodical Council of the University \_\_\_\_ (Minutes № 5 from 14.01.2021 \_\_\_\_)