

COURSE OUTLINE TRAINING AND TEACHING OF KARATE

1. GENERAL

SCHOOL	PHYSICAL EDUCATION, SPORT SCIENCE AND OCCUPATIONAL THERAPY		
DEPARTMENT	PHYSICAL EDUCATION AND SPORT SCIENCE		
LEVEL OF STUDIES	ISCED level 6 – Bachelor's or equivalent level		
COURSE CODE	C022	SEMESTER	3 RD and 4 TH
COURSE TITLE	TRAINING AND TEACHING OF KARATE		
TEACHING ACTIVITIES <i>If the ECTS Credits are distributed in distinct parts of the course e.g. lectures, labs etc. If the ECTS Credits are awarded to the whole course, then please indicate the teaching hours per week and the corresponding ECTS Credits.</i>		TEACHING HOURS PER WEEK	ECTS CREDITS
		2	3
COURSE TYPE <i>Background, General Knowledge, Scientific Area, Skill Development</i>	General Knowledge		
PREREQUISITES:	None		
TEACHING & EXAMINATION LANGUAGE:	Hellenic (Greek) English for Erasmus+ students		
COURSE OFFERED TO ERASMUS STUDENTS:	YES		
COURSE URL:			

2. LEARNING OUTCOMES

Learning Outcomes

Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.

Upon completion of the course, students will be able to:

- perform the two most basic stances and movements (zenkutsu- and kokutsu-dachi)
- perform the basic techniques of parrying (depending on the part of the body they are protecting)
- perform the basic hand techniques (upper, straight and lower fist)
- perform the basic kicking techniques (front kick)
- perform the first mock threat response (kata - Heian shodan)

General Skills

Name the desirable general skills upon successful completion of the module

Search, analysis and synthesis of data and information,

ICT Use

Adaptation to new situations

Decision making

Autonomous work

Teamwork

Working in an international environment

Working in an interdisciplinary environment

Production of new research ideas

Project design and management

Equity and Inclusion

Respect for the natural environment

Sustainability

Demonstration of social, professional and moral responsibility

and sensitivity to gender issues

Critical thinking

Promoting free, creative and inductive reasoning

- *Search, analysis and synthesis of data and information, using appropriate ICT*
- *Decision making*
- *Autonomous work*
- *Teamwork*
- *Working in an international environment*

- Working in an interdisciplinary environment
- Production of new research ideas
- Project design and management
- Respect for the natural environment
- Promoting free, creative and inductive reasoning

3. COURSE CONTENT

1. Introduction (historical data, modern karate styles). Criteria for classifying karate
2. Special strength exercises
3. Special speed exercises
4. Special strength and flexibility exercises
5. Preparatory exercises/warm-up/Junbi-Undo/Taiso
6. Learning of the physical postures/Shizentai/Dachi: (Attention with Adduction/Heisoku, Attention with Abduction/Mushubi, Distance/Hachinoji or Hachiji, Distance fingers inside/Uchi Hachinoji, L-Stance/Renoji, T-Stance/Teiji)
7. Learning the three basic low stances/Dachi: (Front/Zenkutsu, Back/Kokutsu)
8. Learning Moves/Unsoku: (Step Forward and Backward/Ayumi Ashi from the basic low stances)
9. Straight fist strikes/Choku-Tsuki: (Face/Jodan, Chest/Chudan, Belly low/Gedan)
10. Basic practice on the far punch with step/Jun-Zuki/Oi-Zuki and the opposite fist/Gyaku-Zuki
11. Hand Rebounds - Blocks/Te-Ude/Uke - Waza with one hand/Sekiwan Uke: [Downward Rebound/Gedan-Barai, Upward Rebound/Jodan-AgeUke, Forearm Rebound/Chudan-Ude-Uke (From the outside in/Soto-Uke, From the inside out/Uchi-Uke)]
12. Kicks/Keri-Waza: (Front kick/Mae-Geri, Circular kick/Mawashi-Geri, Back penetrating kick/Ushiro-Geri-Kekomi)
13. Standard sequence of techniques with imaginary opponent - learning 1st Kata/Heian Shodan

4. LEARNING & TEACHING METHODS - EVALUATION

<p>TEACHING METHOD <i>Face to face, Distance learning, etc.</i></p>	<ul style="list-style-type: none"> • Face to face • Theoretical lectures • Field exercise • Distance learning
<p>USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT) <i>Use of ICT in Teaching, in Laboratory Education, in Communication with students</i></p>	<p>Use of ICT in teaching and communication with students:</p> <ul style="list-style-type: none"> • digital slides • videos • MsTeams/ e-class, webmail

TEACHING ORGANIZATION <i>The ways and methods of teaching are described in detail.</i> <i>Lectures, Seminars, Laboratory Exercise, Field Exercise, Bibliographic research & analysis, Tutoring, Internship (Placement), Clinical Exercise, Art Workshop, Interactive learning, Study visits, Study / creation, project, creation, project. Etc.</i> <i>The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards.</i>	Activity	Workload/semester
	Lectures	26
	Field exercise	26
	Study and analysis of the literature	20
	Examinations	3
	Total Course	75
STUDENT EVALUATION <i>Description of the evaluation process</i> <i>Assessment Language, Assessment Methods, Formative or Concluding, Multiple Choice Test, Short Answer Questions, Essay Development Questions, Problem Solving, Written Assignment, Essay / Report, Oral Exam, Presentation in audience, Laboratory Report, Clinical examination of a patient, Artistic interpretation, Other/Others</i> <i>Please indicate all relevant information about the course assessment and how students are informed</i>	<ul style="list-style-type: none"> • Interim evaluations (20%) • Written exams including: multiple choice tests, short answer questions and development questions designed to solve problems (80%) <p>The assessment languages are Greek and English for Erasmus students</p>	

5. SUGGESTED BIBLIOGRAPHY

1. ZAGGELIDIS, C. (2007) INTRODUCTION TO KARATE - SHOTOKAN RYU. THESSALONIKI.
2. NAKAYAMA MASATOSHI (1979) - THE BEST KARATE (FIRST VOLUME), ESPI PUBLISHING

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Georgios Giarmatzis
Contact details:	ggiarmat@phyed.duth.gr
Supervisors:	Yes
Evaluation methods:	Written or oral examination with distance learning methods, via eClass. Identification and monitoring of examinees through Microsoft Teams
Implementation Instructions:	<p>The examination in the course will be done in randomly created groups of users (examinees). The compositions of the user groups will be announced in time.</p> <p>The total examination duration of each group will be 1 hour. In the first twenty minutes of each examination period, the examinees will be identified through the MS Teams app. For this purpose, there must be a camera, microphone and headphones connected to their terminal device (PC or smartphone). The relevant link will be sent via eClass, exclusively to</p>

	<p>the institutional accounts of those who have registered for the course and have accepted the terms of distance examination. For identification, students will display their student ID on camera when requested.</p> <p>The main examination will be carried out through the "Exercises" application of eClass. In particular, at the beginning of the second twenty minutes of each examination period, an exercise entitled "Examination - Group X (where X = 1 to n)" will be activated in the eClass, which will include 20 questions. The time limit for answering the 20 questions will be 30 minutes. During this period, all questions should be answered and finalized. Each of the questions will be graded with 0.5 points.</p> <p>Students should log in to the eClass platform through their institutional account.</p> <p>Also during the exam the camera and microphone of the examinees have to be continuously activated and the MS Teams application should be open.</p>
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