



# UNIVERSITY OF NIŠ

## Course Unit Descriptor

## Faculty

Faculty of Sport and Physical Education

### GENERAL INFORMATION

Study program

Basic Academic Studies, Physical Education and Sport

Study Module (if applicable)

Course title

Combat sports

Level of study

☒ Bachelor academic ☐ Master's ☐ Doctoral

Type of course

☒ Obligatory ☐ Elective

Semester

☐ Autumn ☒ Spring

Year of study

Fourth

Number of ECTS allocated

5

Name of lecturer/lecturers

Nemanja Stanković, Ph.D, associate professor

Teaching mode

☒ Lectures ☒ Group tutorials ☐ Individual tutorials  
☐ Laboratory work ☐ Project work ☐ Seminar  
☐ Distance learning ☐ Blended learning ☒ Other

### PURPOSE AND OVERVIEW (max. 5 sentences)

Methodical mastering of motor knowledge and skills of the technical elements of martial arts that are taught within the course.

### SYLLABUS (brief outline and summary of topics, max. 10 sentences)

The roots of combat sports, Philosophical foundations of combat sports. Methods and techniques of training in the basic techniques of karate, boxing, wrestling. The basic rules of the combat sports. Biomechanical basis of the investigated technical elements. The emergence and development of judo, The principles of judo, Methodology training in the basic techniques of judo. Technical and tactical preparation of the judokas. Biomechanical analysis of the basic judo techniques. Anthropological characteristics of the judo athletes. Specific work with younger categories in judo. Planning and programming of the training, The competition system, The rules of the competition.

### LANGUAGE OF INSTRUCTION

☒ Serbian (complete course) ☒ English (complete course) ☐ Other \_\_\_\_\_ (complete course)

☐ Serbian with English mentoring ☐ Serbian with other mentoring \_\_\_\_\_

ASSESSMENT METHODS AND CRITERIA			
Pre exam duties	Points	Final exam	points
Theory- Practicals	10	final examination	30
Colloquium theory	30		
Colloquium practical	27		
Interactive teaching	3		
		OVERALL SUM	100
*Final examination mark is formed in accordance with the Institutional documents			