



# UNIVERSITY OF NIŠ

**Course Unit Descriptor**

**Faculty**

**Faculty of Sport and Physical Education**

## GENERAL INFORMATION

Study program

**Basic Professional Studies, Sport**

Study Module (if applicable)

Course title

Self-defense

Level of study

Bachelor academic  
 Bachelor professional       Master's       Doctoral

Type of course

Obligatory       Elective

Semester

Autumn       Spring

Year of study

Second

Number of ECTS allocated

6

Name of lecturer/lecturers

Mirsad Nurkić, Ph.D, associate professor; Nemanja Stanković, Ph.D, assistant professor

Teaching mode

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

## PURPOSE AND OVERVIEW (max. 5 sentences)

*To acquire knowledge on the theory, training, technique, tactics, methodics and professional practice in the elements of martial arts, which can be used successfully in self-defense. Methodical mastering of motor knowledge and skills, technical elements of martial arts which can be used successfully in self-defense from different objects and ways of attacks.*

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

**Basic structural features and information about martial arts. Gear and equipment that can be used in training. Utilitarian martial arts self-defense. The role of self-defense in the educational process of students, the classification of self-defense. To technical-tactical elements and methodology of sports training percussion and their application in self-defense. To technical-tactical elements and methodology training throwing sports and their application in self-defense. Methodology of training and implementation of elements of martial arts in self-defense. Analysis of the effects of learning, training and development of elements of self-defense. Methodology of training techniques and methods of teaching self-defense tactics. Agreed sparing.**

## LANGUAGE OF INSTRUCTION

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

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

**ASSESSMENT METHODS AND CRITERIA**

<b>Pre exam duties</b>	<b>Points</b>	<b>Final exam</b>	<b>points</b>
<b>Theory + practicals</b>	<b>10</b>	<b>Practical examination</b>	<b>10</b>
<b>Teaching colloquia 1</b>	<b>10</b>	<b>Theory examination</b>	<b>30</b>
<b>Teaching colloquia 2</b>	<b>15</b>		
<b>Test</b>	<b>20</b>		
<b>Activity during lectures</b>	<b>5</b>	<b>OVERALL SUM</b>	<b>100</b>

\*Final examination mark is formed in accordance with the Institutional documents