



UNIVERSITY OF NIŠ

Course Unit Descriptor

Faculty

Faculty of Sport and Physical Education in Nis

GENERAL INFORMATION

Study program	Basic academic studies, physical education and sport
Study Module (if applicable)	
Course title	Self-defense
Level of study	<input checked="" type="checkbox"/> Bachelor academic <input type="checkbox"/> Bachelor professional <input type="checkbox"/> Master's <input type="checkbox"/> Doctoral
Type of course	<input type="checkbox"/> Obligatory <input checked="" type="checkbox"/> Elective
Semester	<input type="checkbox"/> Autumn <input checked="" type="checkbox"/> Spring
Year of study	Fourth
Number of ECTS allocated	6
Name of lecturer/lecturers	Mirsad Nurkić, Ph.D, full professor; Nemanja Stanković, Ph.D, assistant professor
Teaching mode	<input checked="" type="checkbox"/> Lectures <input checked="" type="checkbox"/> Group tutorials <input type="checkbox"/> Individual tutorials <input type="checkbox"/> Laboratory work <input type="checkbox"/> Project work <input type="checkbox"/> Seminar <input type="checkbox"/> Distance learning <input type="checkbox"/> Blended learning <input checked="" type="checkbox"/> 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

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

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