



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

Bachelor academic
 Bachelor professional Master's Doctoral

Type of course

Obligatory Elective

Semester

Autumn Spring

Year of study

Fourth

Number of ECTS allocated

5

Name of lecturer/lecturers

Mirsad Nurkić, Ph.D, full professor; 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)

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 | | 30 |
| Teaching colloquia | 20 | | |
| Practical colloquia | 20 | | |
| Other (seminar,interactive) | 20 | | |
| | | OVERALL SUM | 100 |

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