|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **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 | | | | 6 | | |
| Name of lecturer/lecturers | | | | Mirsad Nurkić, Ph.D, full 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** | | | | | | |
| **Pre exam duties** | **Points** | | **Final exam** | | | **points** |
| **Theory + practicals** | **10** | | **Final examination** | | | **40** |
| **Teaching colloquia theory** | **15** | |  | | |  |
| **Teaching colloquia practicals** | **30** | |  | | |  |
| **Activity during lectures** | **5** | | **OVERALL SUM** | | | **100** |
| **\*Final examination mark is formed in accordance with the Institutional documents** | | | | | | |