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| **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 | | | | 7 | | |
| Name of lecturer/lecturers | | | | Milovan Bratić, Ph.D, full professor; 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)** | | | | | | |
| *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** | **5** | | **Practical examination** | | | **15** |
| **Practicals** | **5** | | **Theory examination** | | | **15** |
| **Colloquium theory** | **30** | |  | | |  |
| **Colloquium practical** | **7** | |  | | |  |
| **Interactive teaching** | **3** | |  | | |  |
|  |  | | **OVERALL SUM** | | | **100** |
| **\*Final examination mark is formed in accordance with the Institutional documents** | | | | | | |