

SYLLABUS

1. Course title:

INTRODUCTION TO MARTIAL ARTS

2. Code:

(max. 20 characters)

3. Cycle of study:

1

4. ECTS credits:

5

5. Type of course: Mandatory Elective**6. Prerequisites:**

None

7. Class restrictions:

None

8. Duration / semester:

15

2

9. Weekly contact hours:

9.1. Lectures:

2

9.2. Seminars:

0

9.3. Laboratory/Practice classes:

2

10. Faculty:

FACULTY OF PHYSICAL EDUCATION AND SPORT

11. Department/study program:

TRAINING TRAINERS IN SPORT / SPORTS COACH

12. Lecturer:

Prof. dr sc. Džemal Huremović

13. Lecturer's e-mail:

dzemal.huremovic@untz.ba

14. Web site:

www.ftos.untz.ba

15. Course aims:

Application of different methods of training and organizational forms of work with a view to optimal, customized sample treated athletes. Acquiring competence in determining the appropriate anthropological status of athletes. Analysis of the Technical and tactical preparedness in combat sports. Improving communication skills trainer application of pedagogical principles in the training process with continuous interaction during execution of the training unit. Following new trends training technology and their practical application in the training of appropriate athletes.

16. Learning outcomes:

Analysis of the subject prior to the training process. The selection of athletes to the anthropological status. Creating a plan of success athletes. Technical tactical preparation of athletes in combat sports. Continuous monitoring and control readiness of athletes and if necessary correction of application of training operators. Identification of problems in the training process, determine the causes of and the use of appropriate methods to solve them. The importance and role of the coach in the theory and practice of sports achievements. Identification of the character coach through communication and practical values and monitoring and implementation of new technologies.

17. Course content:

The theoretical part of the teaching of martial arts will be presented through: the formation and development, philosophical base, a structural analysis of the basic techniques, methodology training elements techniques, tactical variants, control preparedness making preparations to carry out the training of education or training techniques. Also in the theoretical part of teaching and accordingly obliged to prepare a seminar paper, students will develop a special form which will be the same after the teacher has reviewed and approved practically applied through the maintenance of at least one training in groups of four students. Practical classes: education and training of the basic techniques of some martial arts (judo, wrestling, boxing and karate), tactical variants of application techniques of martial arts, by Method and forms of work in training martial arts. Students who do not perform the training monitor and record the advantages and disadvantages of training. Training is conducted under the supervision of the teacher or an assistant.

18. Learning methods:

Oral presentation with multimedia resources need active learning through interaction of students. Demonstration stimulate interest and active learning, combining theory and practice. The constant experimentation in order to improve quality. Student presentation elements of practical training, the creation of self-confidence, acquiring habits of responsible learning with discussion and comments after the presentation. As the preferred learning styles: verbal, visual, kinesthetic, social and independent.

19. Assessment methods:

In the sixth week of practice and teaching students writing laid the first mid-term, which includes previously treated with the technique of lectures and exercises. Practical exam contains processed elements techniques that have weight for the adoption of a maximum of 8 points. The theoretical part of the exam is a written character, consisting of questions from topics covered, and the same can be done up to 8 points. The possible number of points in the first mid-term is a maximum of 16. In the 12th week of the course students take the second midterm covering topics treated with lectures and exercises of the first mid-term exams to the second part of the semester. This pre-exam is structured like the first with the intended theme of the lectures and exercises of the first mid-term exams to the second part of the semester. This pre-exam is structured like the first with the provided themes for the same and also the same scoring system. Both tests taken by all students at the same time. As part of the pre-exam students are required to prepare group seminars (groups of four students), which includes a specific topic from the contents of the subject. Seminar in writing teaches the subject teacher for review and evaluation, and then presents practical. In the preparation and presentation of group term paper all students groups, whose participation is valorized individually. Students present practical seminar for performance training. For done and presented seminars student can achieve 9 points. Also, the ongoing activity in class 2 points and 3 points on the exercises during the semester, which means you can achieve a maximum of 5 points. The final exam is a practical and theoretical (written). The right exit on the final exam is given to students who have achieved a positive result anyone inside individual test at least 50% of the predicted points. On a practical exam student displays technical tactical tasks of the program of the subject treated in the exercises throughout the semester. The practical part of the exam is evaluated with a maximum of 22 points. Theoretical (written) examination can be deposited if the student correctly answered at least 50% of the given questions. The maximum number of points a student can achieve theoretical (written) examination is 22 points. Total number boodva on the theoretical and practical part of the exam is a maximum of 44 points. Assessment recognized as Cumulative test if the achieved result is positive after each individual test and at least 50% of the total anticipated and training skills. In order for the student to pass the subject must achieve the maximum 54 points cumulatively, of which a minimum of 22 on the final exam (11 practical and theoretical 11).

20. Assessment components:

Rating exam is determined on the basis of the criteria: the presence of lectures (max. 5) and exercises (max. 5), the activity of students (max. 5), the first mid-term (max. 16), the second mid-term (max. 16), essay , theory and practice (max. 9), the final exam theoretical (max. 22), and practical (max. 22). The rating is based on the scale of assessment on the basis of points: 0-53 (score 5), 54-63 (score 6), 64-73 (score 7), 74-83 (score 8), 84-93 (score 9) , 93-100 (score 10).

21. Required reading list:

1. Ćupina, S. (2000). ABC karate 1.Sarajevo:National and University Library BiH; 2. Mikić, B.,& Huremović, DŽ. (1998). Boxing technique tactic rules. Tuzla: Faculty of Phylosophy; 3. Rađo, I., Kajmović, H., & Kapo, S. (2001.). Judo. SarajevoFASTO UNSA

22. Web sources:

(max. 687 characters)

23. Applicable starting from the academic year:

2015/2016

24. Adopted in the Faculty/Academy session:

(max. 10 char.)