

SYLLABUS

1. Course title:

MARTIAL ARTS 1

2. Code:

3. Cycle of study:

4. ECTS credits:

5. Type of course:

 Mandatory Elective

6. Prerequisites:

7. Class restrictions:

8. Duration / semester:

9. Weekly contact hours:

9.1. Lectures:

3

9.2. Seminars:

9.3. Laboratory/Practice classes:

1

10. Faculty:

Faculty of Physical Education and Sport

11. Department/study program:

basic study

12. Lecturer:

Dr. sc. Džemal Huremović, van. prof

13. Lecturer's e-mail:

dzemal.huremovic@untz.ba

14. Web site:

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15. Course aims:

- master basic movement structures (patterns of movement), which run on the exercises,
- teach students about the teaching methodology training elements techniques in wrestling and judo,
- Introduction to basic organizational forms of work used in teaching,
- Introduction to basic skills that are related to the understanding of the struggle in wrestling and judo, character analysis in wrestling and judo, as well as the importance of technical preparedness and its importance for the competition of younger ages,
- familiarize them with basic terminology currently used in wrestling and judo practice,
- improve their intellectual skills

16. Learning outcomes:

After completing the semester, students who regularly attend classes on the subject of wrestling judo:

- Students will through this course acquire theoretical - motor skills and knowledge required in the implementation of program content wrestling judo in training - educational process of education: section, club, and modified wrestling in physical and health education to the population base, high school
- will be familiar with the methods of teaching applied elements techniques, which will certainly contribute to their successful pedagogical work with all age categories

17. Course content:

Within the theoretical lectures on the subject of martial arts, units related to technology, methodology, history and philosophy of wrestling and judo will be studied.

Topics relating to:

- analysis of sports in wrestling and the rules and principles,
- structural, functional and biomechanical analysis wrestling,
- methodology of the training process, modified methods of wrestling with custom rules.
- structural analysis of individual technical elements in wrestling,
- philosophical basis of judo, the emergence of skills, and as a sport
- analysis of sports in judo through the principles and rules,
- methodology of the training process, the structural analysis of specific techniques in judo, falls, throwing, controls, levers, chokes
- analysis of films in the studies carried out on wrestlers and those who train judo.

18. Learning methods:

- Lectures
- Seminars (with linking theory to practice, the main and auxiliary tools)
- Practical classes (laboratory exercises basic elemental techniques)
- Colloquiums
- Workshops

LECTURES AND PRACTICAL CLASSES:

Students who attend classes on the subject of martial arts are required to attend the theoretical lectures as well as practical training.

19. Assessment methods:

The practical assessment is the verification of certain technical elements of wrestling and judo, which are realized on exercises. The final exam includes checking knowledge - technical elements who were trained during the semester. To select the technical elements that will be taken in the examination charge is subject professor and the maximum number of points that can be won on the final exam is 20 points. Students at the final part of the exam, as regards the practical assessment, must win 50% points from the maximum number of points that can be won on the final exam in order to pass the final exam and points entered the final score points.

The written assessment, is the verification of teaching with a one that were discussed in the theoretical part of the lecture. At the final part of the exam in Combat Sports - (theoretical part), students can win a maximum of 20 points. The final exam is conducted in writing. Students of the final part of the exam must win 50% of the maximum possible 16 points in order to be admitted to the exam and won points entered in the final score.

20. Assessment components:

Methods of assessment of students include the following criteria:

- presence in class (PT)
- presence in laboratory (PV)
- Activity of students in class (AP)
- exercises the student activity (AV)
- theoretical knowledge (K1 and K2)
- practical examination term (VI)
- written and oral examination term (TI)

Based on the parameters monitored during the whole semester and the number of points that they wear, the points at the end of the final exam and added to the ranking points the teacher forms the final grade

21. Required reading list:

3. J. Marić, Rvanje klasičnim načinom, Sportska tribina, Zagreb, 1985.
4. I.Rađo,H.Kaimović, S.Kapo, Judo, Fakultet sporta, Sarajevo, 2001.
5. Jigiro Kano , , Kodokan Judo ,K

22. Web sources:**23. Applicable starting from the academic year:****24. Adopted in the Faculty/Academy session:**