

SYLLABUS

1. Course title:

MASTER ARTS II

2. Code:

3. Cycle of study:

4. ECTS credits:

5. Type of course:

 Mandatory Elective

6. Prerequisites:

Student is enrolled in the second year.

7. Class restrictions:

8. Duration / semester:

9. Weekly contact hours:

9.1. Lectures:

3

9.2. Seminars:

9.3. Laboratory/Practice classes:

2

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:

The objectives of the subject are:

- adoption of the principles and philosophy of karate as well as principles of life,
- master basic movement structures (patterns of movement), which run on the exercises,
- teach students about the teaching methodology training elements of the techniques of boxing and karate,
- Introduction to basic organizational forms of work used in the training of boxing and karate techniques,
- Introduction to basic skills that are related to understanding the fight in boxing and karate, analyzes of the motion structures, as well as the importance of technical preparedness and its importance for competition in the younger ages

16. Learning outcomes:

- The student will through this course change their way of perception of people and things you try applying the principles adopted from these two skills to try to give Maximum of contribution to society through universal principle: "Be better and more useful member of society"
- Students will through this course acquire theoretical - motor skills and knowledge required in the implementation of program content boxing and karate in the upbringing - educational process of education: section, club, and modified karate in the physical and health education to popularize the principles and philosophy, at primary and secondary school children

17. Course content:

- philosophical basis boxing and karate, the emergence of skills, as well as sport
- analysis of the sport of boxing and karate through rules and principles,
- structural, functional and biomechanical analysis of karate and boxing,
- methodology of the training process, the structural analysis of individual technical elements of karate and boxing, positions, movements, blocks, pieces
- principles of training, the principles of technical elements, principles of karate and principles to fight, and beans as a principle of life (universal principles of frequency)
- topics important for the organization of training and the application of teaching methods and forms of work and organization of schools of boxing and karate
- topics important for the organization of training and the application of teaching methods and forms of work and organization school of boxing and karate, popularizing them.
- analysis of sports activities in boks and karate through the principles and rules,
- structural, functional and biomechanical analysis of karate and boxing,
- analysis of films

18. Learning methods:

Purpose of effective teaching is to achieve the expected goals of subjects and competences at the end of the semester on course to use different teaching methods:

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

19. Assessment methods:

- presence at classes (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)
- a written-oral examination term (TI)

Based on the parameters that are followed throughout the semester and the number of points that they carry, the points at the end of the final exam are added to the ranking points, teacher forms the final grade

20. Assessment components:

ACTIVITIES -The presence and activity in class
CONTINUOUS students activities during the semester
- lectures P 10 – 60 - Exercises P 10 - Lecture A – 3 - Exercise A -5
a total of 28 points
- 1. Colloquium – 16; 2. Colloquium - 16
a total of 32 points
- Exercise exam 20; theory exam 20
a total of 40 points
- theory exam 20
MAXIMUM POINTS 100

21. Required reading list:

1. Mikić.B.,Huremović, Dž.,(1998) Boks –tehnika, taktika,pravila Filozofski fakultet, Tuzla
2. Savić,M.,(1997).Taktička priprema boksera,Novi Sad.
3. Radomir Mudrić, (1987). Škola karatea. Sportska knjiga, Beograd.
4. Jovanović, S.; Karate teorijska

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