

## SYLLABUS

**1. Course title:**

Self-defense

**2. Code:****3. Cycle of study:****4. ECTS credits:****5. Type of course:** Mandatory  Elective**6. Prerequisites:**

Attending lectures and exercises from the subject, student must be enrolled in the second year

**7. Class restrictions:**

(max. 150 characters)

**8. Duration / semester:****9. Weekly contact hours:**

9.1. Lectures:

3

9.2. Seminars:

0

9.3. Laboratory/Practice classes:

1

**10. Faculty:**

Faculty of Physical Education and Sport

**11. Department/study program:**

TJELESNI ODGOJ I SPORT

**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:**

- adoption of the principles and philosophy smoodbrane,
- master basic movement structures (patterns of movement), which run on the exercises,
- teach students about the teaching methodology training elements of self-defense techniques by levels and styles,
- acquaintance with advanced systems of self-defense that apply in certain states,
- Introduction to basic organizational forms of work used in the training techniques of self-defense,
- Introduction to basic skills that are related to the understanding of fighting self-defense, and character analysis of motion structures, as well as the importance of technical preparedness and its significance

**16. Learning outcomes:**

- Students will through this course acquire theoretical - motor skills and knowledge required in the implementation of programs of self-defense in the upbringing - educational process of education: section, and a modified system of fighting to popularize the principles and philosophy of self-defense,
- will be familiar with the methods of teaching applied elements techniques, which will certainly contribute to their successful pedagogical work in units and groups that work needs to train,
- will be trained to use the available literature and solving various problems of varying complexity

**17. Course content:**

Topics are related to:

- The emergence of martial arts in the armed forces,
- special units in the police and military,
- modern combat systems in the armed forces,
- basis of close combat,
- practical martial arts for special units,
- Russian samba, martial arts Marine Corps, krav maga, akido, taekwondo, Kajukenbo
- philosophical basis of individual martial system in sp. units, the emergence of skills,
- structural, functional and biomechanical analysis of the self-defense,
- methodology of the training process of individual self-defense techniques and, falls, throwing, movement, pieces, release, binding, and bringing the control.
- analysis of films in the studies carried out on various systems of self-defense,
- topics important for the organization of training and the application of teaching methods and forms of work and organization of self-defense school.

**18. Learning methods:**

For the purpose of effective teaching and to achieve the expected goals of the subject and competence of students on course to use different teaching methods:

- Lectures (lectures): exposition, dialogue, workshops, interactive learning and through the exchange of mail.
- Practical classes (laboratory exercises): demonstration, repetition
- Colloquiums
- Workshops

**19. Assessment methods:**

The assessment of students in the final examination will be carried out primarily in practice, which is eliminatory exam for further assessment. Two practical exams and final test practically and theoretically.

The practical assessment is the verification of certain technical elements in self-defense: singly-linked elements and sparring, which were previously on the exercises trained with students. 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 in the final part of the exam, 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 karate (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 points of maximum possible 16 points in order to be admitted to the exam and won points came 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)
- a written-oral examination term (TI)

91 - 100 Ten (10)

81 - 91 Nine (9)

71 - 81 Eight (8)

61 - 71 Seven (7); 51-61 Six (6); <51 Five (5)

**21. Required reading list:**

1. W. Beaver; Practical Martial Arts For Special Forces Kuwait City, Kuwait (1997) 2. J. Šopar; Metodičke i stručne pretpostavke rada u procesu tjelesnog vježbanja specijalnih postrojbi vojske; Zagreb (2004). 3. Huremović, Dž. (2010) Samoodbrana.

**22. Web sources:**

[http://en.wikipedia.org/wiki/Inoue\\_grappling](http://en.wikipedia.org/wiki/Inoue_grappling)

**23. Applicable starting from the academic year:**

2015/2016

**24. Adopted in the Faculty/Academy session:**