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|  **UNIVERSITY OF NIŠ** |
| **Course Unit Descriptor** | **Faculty** | **Faculty of Sport and Physical Education in Nis** |
| **GENERAL INFORMATION** |
| Study program  | Basic academic studies, physical education and sport |
| Study Module (if applicable) |  |
| Course title | Self-defense |
| Level of study | ☒Bachelor academic☐Bachelor professional ☐ Master’s ☐ Doctoral |
| Type of course | ☐ Obligatory ☒ Elective |
| Semester  | ☐ Autumn ☒Spring |
| Year of study  | Fourth |
| Number of ECTS allocated | 6 |
| Name of lecturer/lecturers | 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)** |
| To acquire knowledge on the theory, training, technique, tactics, methodics and professional practice in the elements of martial arts, which can be used successfully in self-defense. Methodical mastering of motor knowledge and skills, technical elements of martial arts which can be used successfully in self-defense from different objects and ways of attacks. |
| **SYLLABUS (brief outline and summary of topics, max. 10 sentences)** |
| Basic structural features and information about martial arts. Gear and equipment that can be used in training. Utilitarian martial arts self-defense. The role of self-defense in the educational process of students, the classification of self-defense. To technical-tactical elements and methodology of sports training percussion and their application in self-defense. To technical-tactical elements and methodology training throwing sports and their application in self-defense. Methodology of training and implementation of elements of martial arts in self-defense. Analysis of the effects of learning, training and development of elements of self-defense. Methodology of training techniques and methods of teaching self-defense tactics. Agreed sparing. |
| **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 + practicals** | **10** | **Final examination** | **40** |
| **Teaching colloquia theory** | **15** |  |  |
| **Teaching colloquia practicals** | **30** |  |  |
| **Activity during lectures** | **5** | **OVERALL SUM** | **100** |
| **\*Final examination mark is formed in accordance with the Institutional documents** |