



# UNIVERSITY OF NIŠ

**Course Unit Descriptor**

**Faculty**

**Faculty of Sport and Physical Education**

## GENERAL INFORMATION

Study program

**Basic Academic Studies, Physical Education and Sport**

Study Module (if applicable)

Course title

Combat sports

Level of study

Bachelor academic  Master's  Doctoral

Type of course

Obligatory  Elective

Semester

Autumn  Spring

Year of study

Fourth

Number of ECTS allocated

5

Name of lecturer/lecturers

Milovan Bratić, Ph.D, full professor; Nemanja Stanković, Ph.D, associate professor

Teaching mode

Lectures  Group tutorials  Individual tutorials  
 Laboratory work  Project work  Seminar  
 Distance learning  Blended learning  Other

## PURPOSE AND OVERVIEW (max. 5 sentences)

*Methodical mastering of motor knowledge and skills of the technical elements of martial arts that are taught within the course.*

## SYLLABUS (brief outline and summary of topics, max. 10 sentences)

The roots of combat sports, Philosophical foundations of combat sports. Methods and techniques of training in the basic techniques of karate, boxing, wrestling. The basic rules of the combat sports. Biomechanical basis of the investigated technical elements. The emergence and development of judo, The principles of judo, Methodology training in the basic techniques of judo. Technical and tactical preparation of the judokas. Biomechanical analysis of the basic judo techniques. Anthropological characteristics of the judo athletes. Specific work with younger categories in judo. Planning and programming of the training, The competition system, The rules of the competition.

## LANGUAGE OF INSTRUCTION

Serbian (complete course)  English (complete course)  Other \_\_\_\_\_ (complete course)

Serbian with English mentoring  Serbian with other mentoring \_\_\_\_\_

**ASSESSMENT METHODS AND CRITERIA**

<b>Pre exam duties</b>	<b>Points</b>	<b>Final exam</b>	<b>points</b>
<b>Theory- Practicals</b>	<b>10</b>	<b>final examination</b>	<b>30</b>
<b>Colloquium theory</b>	<b>30</b>		
<b>Colloquium practical</b>	<b>27</b>		
<b>Interactive teaching</b>	<b>3</b>		
		<b>OVERALL SUM</b>	<b>100</b>

**\*Final examination mark is formed in accordance with the Institutional documents**