

1. GENERAL INFORMATION			
1.1. Course teacher	Prof. Hrvoje Sertić, Ph.D.	1.6. Year of the study programme	
1.2. Name of the course	SELFDEFENCE	1.7. Credits (ECTS)	2
1.3. Associate teachers	Assoc.Prof.Ivan Segedi, Ph.D.	1.8. Type of instruction (number of hours L + S + E + e-learning)	30(6TL+12TPL+12E)
1.4. Study programme (undergraduate, graduate, integrated)		1.9. Expected enrolment in the course	
1.5. Status of the course	Elective	1.10. Level of application of e-learning (level 1, 2, 3), percentage of online instruction (max. 20%)	
2. COURSE DESCRIPTION			
2.1. Course objectives	By completing the subject of Self-Defense, students will acquire special knowledge and abilities characteristic for work in education (teaching elements in curricular and extracurricular activities in primary and secondary school), recreation, and the army and police.		
2.2. Course enrolment requirements and entry competences required for the course	No enrolment requirements.		
2.3. Learning outcomes at the level of the programme to which the course contributes	Passing the course Self-defence students will acquire special knowledge and skills typical of this combat activity and its application in: <ul style="list-style-type: none"> <li>- physical education (compulsory and extracurricular activities)</li> <li>- sport</li> <li>- physical recreation</li> <li>- military, police and security services</li> </ul>		
2.4. Learning outcomes expected at the level of the course (4 to 10 learning outcomes)	<ul style="list-style-type: none"> <li>- students will be introduced with the additional contents from self-defence as a polystructural acyclic activity which is considered to be the basics for "chest to chest" fight practiced in all military and police forces</li> <li>- students will acquire additional knowledge about training methods in self-defence as well as about programming models in mentioned activity</li> <li>- students will acquire knowledge about transfer of different contents into integrative sport activity – self-defence</li> <li>- students will acquire knowledge about practical application of techniques from particular combat sports</li> <li>- students will acquire knowledge about defence principles to various types of armed and unarmed attackers' offences</li> <li>- students will acquire knowledge about application principles of different types of counterattacks with the purpose of self-defence</li> <li>- students will gain insight in the principles of applied self-defence</li> <li>- students will develop cognition about the utility of self-defence contents in different specific situations</li> </ul>		
2.5. Course content broken down in detail by weekly class schedule (syllabus)	Theoretical lectures <ol style="list-style-type: none"> <li>1. Kinesiological and anthropological analysis of self-defence</li> <li>2. Basic and specific teaching and training methods for instructing and improving self-defence techniques</li> <li>3. Technical-tactical, physical, psychological and theoretical preparation for self-defence</li> </ol> Theoretical-practical lectures and exercises <ol style="list-style-type: none"> <li>1. Principles of defence from long weapon attacks (police bat) and counterattack</li> <li>2. Principles of defence from short weapon attacks (knife, bottle and similar) and counterattack</li> <li>3. Principles of defence from light firearms</li> <li>4. Principles of defence using long and short cold weapon</li> <li>5. Overpowering, tying and conveying hooligans</li> <li>6. Strategies and tactics of self-defence</li> </ol>		

2.6. Format of instruction:	<input checked="" type="checkbox"/> lectures <input type="checkbox"/> seminars and workshops <input checked="" type="checkbox"/> exercises <input type="checkbox"/> on line in entirety <input type="checkbox"/> partial e-learning <input type="checkbox"/> field work		<input type="checkbox"/> independent assignments <input type="checkbox"/> multimedia and internet <input type="checkbox"/> laboratory <input type="checkbox"/> work with mentor <input checked="" type="checkbox"/> theoretical practical work		2.7. Commentaries:	
2.8. Student responsibilities	Active participation in class by taking notes and active exercising during the practical lectures and exercises.					
2.9. Screening student work (name the proportion of ECTS credits for each activity so that the total number of ECTS credits is equal to the ECTS value of the course )	Class attendance	0,5	Written exam		Project	
	Experimental work		Research		Practical training	
	Essay		Report		Participation in extracurricular activities	
	Tests		Seminar essay		Practical exam	1
			Oral exam	0,5		
2.10. Assessment and evaluation of students' work during classes and at the final exam	Class attendance 25% Oral exam 25% Practical exam 50%					
2.11. Required literature (available in the library and via other media)	Title				Number of copies in the library	Available via other media
	1. Kosanović, B. (1988). Samoobrana. Zagreb: RMUP – Hrvatska.					
	2. Banović, I. (1996). Samoobrana Judo, Split: „Intertekstil – Vukovar“.					
	3. Sertić, H. (2004). Osnove borilačkih sportova. Zagreb: Kineziološki fakultet					
2.12. Supplementary literature	Lucić, J., Gržeta, M. (2006). Judo u hrvatskoj vojsci – knjiga treća. Zagreb: Ministarstvo obrane Republike Hrvatske.					
2.13. Quality assurance methods that ensure the acquisition of exit competences	Records of attendance at theoretical , theoretical-practical lectures and exercises Records of activity during classes in the subject of Self-Defense Testing knowledge from the practical part of the course Examination of knowledge in the theoretical part of the subject					

