

Study program / study programs: Recreation			
Type and level of studies: Basic professional studies			
Name of the course: Wrestling			
Lecturer or lecturers (for lectures): Kasum D. Goran			
Lecturer / Associate (for practice): Kasum D. Goran			
Course status: Elective			
ECTS: 4			
Condition: added the sixth semester			
The aim of the course: Theoretical and methodological education in wrestling; practically master basic by standard techniques; developing a positive attitude toward wrestling by emphasizing educational and practical educational value of wrestling.			
The outcome of the course: Absolving subject wrestling students gain knowledge of the history, rules and wrestling organizations, as well as the ability to demonstrate the basic techniques of wrestling. The most successful students acquire the methodical competence to organize the learning of basic techniques and the use of specific exercises and training methods of wrestling in the other sports.			
Contents of the course			
Theory teaching: The course is divided into three thematic sections:			
<ul style="list-style-type: none"> • history • technique and methodology • competition rules 			
Practical classes:			
<ul style="list-style-type: none"> • Learning the basic techniques of wrestling • Monitoring the competition, training and preparation of top athletes and team • Monitoring seminars and thematic lectures 			
Recommended literature			
Kasum, G., Ćirković, Z. i Jovanović, S. (2012). Rvanje. Beograd: Univerzitet u Beogradu, FSFV. (serbian language).			
Ćirković, Z., Jovanović, S. i Kasum, G. (2010). Borenje. Beograd: Univerzitet u Beogradu, FSFV. (serbian language).			
Number of active classes			Other classes:
Lectures: 1	Practical classes: 2	Other forms of teaching:	
Methods of teaching			
Theoretical lectures; practical lectures			
Theoretical lectures, practical classes, exercises, training and monitoring of competition in martial arts, the realization of individual methodical units by students.			
Knowledge assessment (maximum score 100)			
Pre-exam obligations	points	Final exam	points
Activity on classes	5	Practical exam	30
Practical classes	5	Oral exam	
Colloquium	60	
Seminar			

