Study program / study programs: Sport

Type and level of studies: Basic professional studies

Course title: JUDO

Lecturer or lecturers (for lectures): Kasum D. Goran

Lecturer / Associate (for practice): Kasum D. Goran, Mudric R. Milos

Course status: Elective

ECTS:4

Condition: added the fourth semester

**Course objectives:** Theoretical and methodological education in judo; practically master basic by standard techniques; developing a positive attitude toward judo by emphasizing educational and practical educational value of judo.

**Course outcome:** Absolving subject judo students gain knowledge of the history, rules and judo organizations, as well as the ability to demonstrate the basic techniques of judo. 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 judo in the other sports.

## **Contents description**

Theory teaching: The course is divided into three thematic sections:

- history
- technique and methodology
- competition rules

Practical classes:

- Learning the basic techniques of judo
- Monitoring the competition, training and preparation of top athletes and team
- Monitoring seminars and thematic lectures

## References

- 1. Ćirković, Z., Jovanović, S. i Kasum, G. (2010). Borenje (Martial arts). Beograd: Univerzitet u Beogradu, Fakultet sporta i fizičkog vaspitanja.
- 2. Ćirković, Z. (2006). Teorija borenja (Theory of martial arts). Beograd: Univerzitet u Beogradu, Fakultet sporta i fizičkog vaspitanja.

No. of active cla	Other classes:			
Lectures:	Practical classes:	Other forms of teaching:	Study research work:	
1	2			

## **Teaching method**

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)				
Exam prerequisites	points	Final examination	points	
Activity on classes	5	Practical exam	30	
Practical classes	5	Oral exam		
Colloquium	60			
Seminar				