

| | | | |
|---|-------------------------|--------------------------|----------------|
| Study program / study programs: Sport | | | |
| Type and level of studies: Basic professional studies | | | |
| Course title: BOXING | | | |
| Lecturer or lecturers (for lectures): Mudric R. Milos | | | |
| Lecturer / Associate (for practice): Mudric R. Milos | | | |
| Course status: Elective | | | |
| ECTS: 4 | | | |
| Condition: added the fifth semester | | | |
| Course objectives: Theoretical and methodological education in boxing; practically master basic by standard techniques; developing a positive attitude toward karate by emphasizing educational and practical educational value of boxing. | | | |
| Course outcome: Absolving subject boxing students gain knowledge of the history, rules and boxing 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 boxing in the other sports. | | | |
| Contents description | | | |
| 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 boxing • Monitoring the competition, training and preparation of top athletes and team • Monitoring seminars and thematic lectures | | | |
| References | | | |
| Cirkovic, Z., Jovanovic, S. and Kasum, G. (2010). Borenja (Martial arts). Beograd: Univerzitet u Beogradu, Fakultet sporta i fizickog vaspitanja. | | | |
| Cirkovic, Z. (2006). Teorija borenja (Theory of martial arts) . Beograd: Univerzitet u Beogradu, Fakultet sporta i fizickog vaspitanja | | | |
| No. of active classes | | | Other classes: |
| Lectures: 1 | Practical classes: 2 | Other forms of teaching: | |
| 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 | | | |