

COURSE DESCRIPTION

University: Police Academy in Bratislava	
Course Code: 831 14 VP 12 AJ	Course Name: : Physical Education/Self-defence
Type, Extent and Method of Instruction: Type: Recommended Course Format: 2 hours of lecturing per week Methods: Attendance Method	
Number of Credits: 2	
Recommended Term: 6 th Semester	
Degree of Study: 1 st Degree	
Pre-requisites:	
Course Requirements: Continuous Assessment During the term: active participation during the lessons, physical fitness tests. At the end of the term: test	
Course Outcome: The subject's objective is to gain practical skills from combat sports, martial arts and self-defence (wrestling, karate-do, aikido, judo, boxing). Furthermore, student will learn basic techniques regarding leg tripping, postures, kicks, punches, moving, holding, pinning hold, paralysis and setting free - based on the principles of combat sports techniques and martial arts techniques.	
Course Description: Gaining basic skills in self-defence and their further development in order to be able to perform basic moves subconsciously. Gaining theoretical knowledge in combat sports and gaining basic skills in karate, judo, aikido, wrestling and boxing, which will student be able to apply in self-defence situations. Student will be able to match particular techniques into complex structures and will be able to use gained knowledge and skills in police work and self-defence situations. <ol style="list-style-type: none">1. Testing the level of motor skills2. Upper hooks training3. Hooks training4. Combat obstacle course5. Martial prying on the ground6. Improvement of kicking a punching bag7. Training of tripping.8. Combat practice while standing-kumite9. Training of handcuffing while standing, kneeling and lying down.10. Training of handcuffing while standing, kneeling and lying down11. Testing the level of motor skills development12. Specific tests set	
Recommended Reading: <ol style="list-style-type: none">1. Art, J. - Reinhardt, E.: Ju - Jutsu. Praxis. Pollenfeld: Verlag Heidi Art, 19932. Austin, St. J. - Rowe, S.: Fither of karate. London: Sunburst Books , 19963. Nakayama , M. 2003. Best karate <i>I</i>. Praha : Fighters publications, 20034. Levine, D. –Whitman, J. : Complete Krav Maga , 2007	
Knowledge of Language Required to Successfully Complete the Course: Slovak, English	
Notes:	

Course Assessment:

Total Number of Students Assessed:

A	B	C	D	E	FX

Provided by: Mgr. Juraj Gažo, PhD.**Date of Last Amendment:** September 30th 2019**Approved by:**