

THEMATIC SCHEDULE AND CONTENT OF SUBJECT

Subject:	Physical training and sport – self-defence
Field of study:	Security public-administration services
Study programme:	Security-legal services in public administration
Degree of study:	Bachelor's study
Subject guaranteed by:	Physical training and sport department
Teachers:	Mgr. Juraj Gažo, Mgr. Kristína Macková, PhD.
Dependent subjects:	-

Study results: Completion of the course gives students the theoretical foundation and practical skills necessary to perform police service interventions successfully. Further, the students will refine the tactics of the service interventions in specific situations related to the needs of policing. The course will facilitate student's all-round, harmonious physical and mental development of personality, development of their fundamental motor skills (fitness and coordination) including moral and volitional qualities.

Subject syllabus – full-time study: 832 14 VP 8 AJ

No.	Self-defence	L	S	T	Pt	Total
1.	Testing the level of motor skills			2		2
2.	Upper hooks training			2		2
3.	Hooks training			2		2
4.	Combat obstacle course			2		2
5.	Martial prying on the ground			2		2
6.	Improvement of kicking a punching bag			2		2
7.	Training of tripping			2		2
8.	Combat practice while standing - kumite			2		2
9.	Training of handcuffing while standing, kneeling and lying down			2		2
10.	Training of handcuffing while standing, kneeling and lying down			2		2
11.	Testing the level of motor skills development			2		2
12.	Specific tests set			2		2
Total – evaluation				24		24

Content of the subject: SELF-DEFENCE**1. Testing the level of motor skills**

Measuring the level of input motor skills. General tests set consisting of four motor tests designed to test the speed, power, endurance and coordination abilities of students.

2. Upper hooks training

Practical demonstration of the correct performance. Simple exercises individually or in pairs. Check of correct performance.

3. Hooks training

Practical demonstration of the correct performance. Simple exercises individually or in pairs.
Check of correct performance.

4. Combat obstacle course

Obstacle course consisting of two posts of toning up in combat.

5. Martial prying on the ground

Practical demonstration of the correct performance. Training of the correct performance.
Fitness exercises with own bodyweight.

6. Improvement of kicking a punching bag

Demonstration of the correct performance and breathing. Correct position of arms during kicks. Whole body stretching exercises.

7. Training of tripping

Explanation of the steps and use of tripping in practice. Practical demonstration and error checking. Whole body stretching exercises.

8. Combat practice while standing - kumite

Kumite sparring against two opponents. Explanation of tactics of fight against two opponents.

9. Training of handcuffing while standing, kneeling and lying down

Demonstration of basic positions. Practice of techniques performance. Check of performance with a follow-up elimination of errors. Whole body stretching exercises.

10. Training of handcuffing while standing, kneeling and lying down

Development of basic positions. Refining performance of the technique of exercises. Check of performance. Whole body stretching exercises.

11. Testing the level of motor skills development

Measuring the level of output motor skills. General tests set consisting of four motor tests designed to test the speed, power, endurance and coordination abilities of students

12. Specific tests set

Measuring the level of output motor skills. Special tests set consisting of selected specific skills of students

Requirements for obtaining credits upon in-course evaluation:

There will be two motor tests for 50 points during the semester. To obtain the grade "A" at least 94 points must be obtained, for grade "B" at least 86 points, for grade "C" at least 76 points, for grade "D" at least 66 points D and for "E" at least 56 points.

During the semester there will be two motor tests with 50 points. Credits will not be granted to a student who obtained less than 28 points in any part of in-course evaluation.

Meeting the conditions of the in-course evaluation

Method of assessment: Assessment „H“ – in-course evaluation results

Assessment requirements:

- Meeting the conditions of the in-course evaluation followed by the granting of credits

Number of credits: 2

Literature:

TAKAHASHI, M. Mastering Judo. Human Kinetics, 2005. 224 p. ISBN-13: 978-0736050999
ISBN-10: 073605099X

NAKAYAMA, M. Dynamic Karate. Kodansha USA, 2012. 308 p. ISBN-13: 978-1568364131
ISBN-10: 156836413X

COLLINS, S. Self Defence & Personal Safety. www.ps5.com, 2012. 156 p. ASIN B008DI0UP6

LEVINE, D. Complete Krav Maga. Ulysses Press, 2007. 288 p. ISBN-13: 978-1569755730 ISBN-10: 1569755736