

## COURSE DESCRIPTION

<b>University:</b> Academy of the Police Force in Bratislava	
<b>Course Code:</b> BOOM 14 VP 12 AJ	<b>Course Name: :</b> Physical Education and Sport/Self-defence
<b>Type, Extent and Method of Instruction:</b> <b>Type:</b> <b>Recommended Course Format:</b> 2 hours of lecturing per week <b>Methods:</b> Attendance Method	
<b>Number of Credits:</b> 5	
<b>Recommended Term:</b> 6 <sup>th</sup> Semester	
<b>Degree of Study:</b> 1 <sup>st</sup> Degree	
<b>Pre-requisites:</b>	
<b>Course Requirements:</b> <b>Continuous Assessment</b> During the term: active participation during the lessons, physical fitness tests. At the end of the term: test	
<b>Course Outcome:</b>  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.	
<b>Course Description:</b> 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"> <li>1. Testing the level of motor skills</li> <li>2. Upper hooks training</li> <li>3. Hooks training</li> <li>4. Combat obstacle course</li> <li>5. Martial prying on the ground</li> <li>6. Improvement of kicking a punching bag</li> <li>7. Training of tripping.</li> <li>8. Combat practice while standing-kumite</li> <li>9. Training of handcuffing while standing, kneeling and lying down.</li> <li>10. Training of handcuffing while standing, kneeling and lying down</li> <li>11. Testing the level of motor skills development</li> <li>12. Specific tests set</li> </ol>	
<b>Recommended Reading:</b> <ol style="list-style-type: none"> <li>1. Art, J. - Reinhardt, E.: Ju - Jutsu. Praxis. Pollenfeld: Verlag Heidi Art, 1993</li> <li>2. Austin, St. J. - Rowe, S.: Fithor of karate. London: Sunburst Books , 1996</li> <li>3. Nakayama , M. 2003. Best karate <i>I</i>. Praha : Fighters publications, 2003</li> <li>4. Levine, D. –Whitman, J. : Complete Krav Maga , 2007</li> </ol>	
<b>Knowledge of Language Required to Successfully Complete the Course:</b> Slovak, English	
<b>Notes:</b>	

<b>Course Assessment:</b>					
Total Number of Students Assessed:					
A	B	C	D	E	FX
<b>Provided by:</b> Mgr. Juraj Gažo, PhD.					
<b>Date of Last Amendment:</b> January 30 <sup>th</sup> 2023					
<b>Approved by:</b>					