

Study programme: Undergraduate Academic Studies / Bachelor with Honours in Sport and Physical Education			
Subject name: JUDO / OA25			
Teacher/Teachers: Patrik Drid, PhD			
Subject status: Mandatory			
ECTS credits: 4			
Requirements:			
Subject aim Develop the ability of using the scientific and professional literature on judo. Familiarise the students with the principles of transformation of the anthropological status of children under the influence of different means present in the judo training process. Practical learning of the basic technical characteristics of judo sport.			
Subject outcome After the completion of the course the students will be skilled to understand and independently plan, design, and realise the judo classes in schools.			
Subject content <i>Theory</i> History of judo, Organisational forms in judo, Structural analysis of judo, Diet and recovery of judoists, Throwing techniques in judo, Throwing judo techniques, Grappling judo technique, Methods of judo training, Method of judo improving, Detection, identification, selection and training of young judoists, Tactical preparation judoists, Psychological preparation of judoists, Planning and designing judo trainings, Psychological preparation of judoists, Planning and designing judo trainings, Testing the abilities of judoists, Judging and decisions of judges in judo, Judo katas. <i>Practice</i> Training of fall techniques, Training of leg throw techniques (De ashi barai, Okuri ashi barai), Training of leg throwing technique (Kouchi gari, Ouchi-gari), Training of leg throwing techniques (Osotogari), Training of hip throwing techniques (Koshi guruma, Uki goshi), Training of hip throwing techniques (Tsurikomi goshi, Harai goshi, Uchi mata), Training of hand throwing techniques (Seoi techniques), Training of hand throwing techniques (Morote gari, Kata guruma), Training of hand throwing techniques (Tai otoshi), Training of sacrifice throwing techniques (Tomoe nage), Training of pinning techniques (Osaekomi waza), Training of immobilisation-choking techniques (Shime waza), Training of immobilisation-joint lock technique (Kansetsu waza), Combination techniques, Application of sport fight rules.			
Literature 1) Drid, P. (2014). Džudo. Novi Sad: Fakultet sporta i fizičkog vaspitanja 2) Drid, P., Todorov, I. (2014). Džudo: nauka i praksa. Beograd: Data Status. 3) Drid P. (2017). Science and medicine in combat sports. New York: Nova Science Publishers, Inc.			
Number of active teaching classes	Theory: 1		Practice: 1
Teaching methods			
Knowledge assessment (maximum number of points is 100)			
Pre-exam requirements	points	Final exam	points
engagement in class activities	15	written exam	10
practice	15	oral exam	10
term test(s)	40	practical exam	
seminars	10		