

Study programme: Undergraduate Academic Studies / Bachelor with Honours in Sport and Physical Education			
Subject name: SAMBO / OAI20			
Teacher/Teachers: Patrik Drid, PhD			
Subject status: Elective			
ECTS credits: 6			
Requirements:			
Subject aim To develop the ability of using the scientific and professional literature on sambo. Learning about the principles of transformation of the anthropological status of children under the influence of various means present in the sambo training process. Practical mastering of the basic techniques of sambo characteristics.			
Subject outcome After completing this course, the students will be trained to understand and independently plan, design and realise the sambo classes in schools. Students have mastered the basics of self-defence.			
Subject content <i>Theory</i> History of sambo, Organisational forms in sambo, Kinantropological analysis of sambo, Physiological basics of sambo, Throwing techniques, Pit technique, Methods of learning sambo techniques, Methods of improving sambo techniques, Detection, identification, selection and training of young sambo practitioners, Tactical preparation of sambo practitioners, Psychological preparation in sambo, Planning and designing sambo trainings, Testing the ability of sambo practitioners, Rules of judging, and decisions of judges in sambo, Characteristics of techniques of women self-defence. <i>Practice</i> Hand throwing techniques, Shoulder throw techniques, Leg throwing techniques, Knee axis, Ankle joint axis, Gip holding, Hand blows, Leg blow, Defence from hand blow, Defence from leg blow, Defence from grips, Defence from a knife attack, Defence from a gun attack, Defence from a club attack.			
Literature 1) Drid, P. (2008). Samoodbrana. Novi Sad: Fakultet sporta i fizičkog vaspitanja. 2) 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	
seminar	10		