

NAME OF THE COURSE		Wrestling				
Code	119143	Year of study	1 st graduate			
Course teacher	Associate professor, Hrvoje Karninčić, PhD	Credits (ECTS)	3			
Associate teachers		Type of instruction (number of hours)	L	S	E	F
			5	5	35	0
Status of the course	Elective	Percentage of application of e-learning				
COURSE DESCRIPTION						
Course objectives	Obtain basic theoretical knowledge and practical wrestling skills, and train students to apply acquired knowledge and skills in practice					
Course enrolment requirements and entry competences required for the course						
Learning outcomes expected at the level of the course (4 to 10 learning outcomes)	<p>To describe the history of wrestling</p> <p>To explain the structural and biomechanical analysis</p> <p>To explain the international wrestling rules</p> <p>To analyze specific methodological methods in wrestling</p> <p>To demonstrate correctly some techniques of wrestling</p> <p>Identify the causes of errors in performing wrestling techniques</p> <p>To analyze, evaluate and apply methodological procedures for removing detected errors in techniques</p>					
Course content broken down in detail by weekly class schedule (syllabus)	Lectures		Teacher			
	Hystory of wrestlig (1 hour)		Associate professor, Hrvoje Karninčić, PhD			
	Wrestling rules (1 hour)		Associate professor, Hrvoje Karninčić, PhD			
	Structural analysis of wrestling (1 hour)		Associate professor, Hrvoje Karninčić, PhD			
	Biomechanical analysis of wrestling (1 hour)		Associate professor, Hrvoje Karninčić, PhD			
	Wrestling phisiology (1 hour)		Associate professor, Hrvoje Karninčić, PhD			
	Seminars		Teacher			
	Specific exercises for strength development (1 hour)		Associate professor, Hrvoje Karninčić, PhD			
	Wrestlig games (1 hour)		Associate professor, Hrvoje Karninčić, PhD			
	Elementary forms of wrestling (1 hour)		Associate professor, Hrvoje Karninčić, PhD			
	Mopdificated Wrestling (1 hour)		Associate professor, Hrvoje Karninčić, PhD			
	Bulgarian bag (1 hour)		Associate professor, Hrvoje Karninčić, PhD			
	Wresling school (1 hour)		Associate professor, Hrvoje Karninčić, PhD			
	Training in wrestling (1 hour)		Associate professor, Hrvoje Karninčić, PhD			

	Exercises		Teacher			
	Partere GR – turning (1 hour)		Associate professor, Hrvoje Karninčić, PhD			
	Partere GR – rollover (1 hour)		Associate professor, Hrvoje Karninčić, PhD			
	Partere GR - counter-attacks (1 hour)		Associate professor, Hrvoje Karninčić, PhD			
	Stand-up GR – taking oponent back (1 hour)		Associate professor, Hrvoje Karninčić, PhD			
	Stand-up GR –shoulder throw (1 hour)		Associate professor, Hrvoje Karninčić, PhD			
	Stand-up GR – side throw (1 hour)		Associate professor, Hrvoje Karninčić, PhD			
	Stand-up GR – suplex (1 hour)		Associate professor, Hrvoje Karninčić, PhD			
	GR screaming, school throwing (1 hour)		Associate professor, Hrvoje Karninčić, PhD			
	Partere SL – turning (1 hour)		Associate professor, Hrvoje Karninčić, PhD			
	Partere SL - rollover (1 hour)		Associate professor, Hrvoje Karninčić, PhD			
	SL – leg throw (1 hour)		Associate professor, Hrvoje Karninčić, PhD			
SL – throving by pickng the leg (1 hour)		Associate professor, Hrvoje Karninčić, PhD				
Format of instruction	<input checked="" type="checkbox"/> lectures <input checked="" type="checkbox"/> seminars and workshops <input checked="" type="checkbox"/> exercises <input type="checkbox"/> <i>on line</i> in entirety <input type="checkbox"/> partial e-learning <input type="checkbox"/> field work		<input type="checkbox"/> independent assignments <input type="checkbox"/> multimedia <input type="checkbox"/> laboratory <input type="checkbox"/> work with mentor <input type="checkbox"/> (other)			
Student responsibilities						
Screening student work (<i>name the proportion of ECTS credits for each activity so that the total number of ECTS credits is equal to the ECTS value of the course</i>)	Class attendance	0.5	Research		Practical training	0.5
	Experimental work		Report		(Other)	
	Essay		Seminar essay	1.0	(Other)	
	Tests		Oral exam		(Other)	
	Written exam	1.0	Project		(Other)	
Grading and evaluating student work in class and at the final exam	<p>Student has to present 58 wrestling techniques divided in 4 mid-term tests (stand up and parterre in Greco-Roman and stand up and parterre in free style).</p> <p>Student has to present all techniques (attacks) and only one defense/counter-attack, by professor's choice. Students have three attempts to demonstrate the correct technique.</p> <p>Grades are on a scale from 1 to 5, average grade has to be calculated for each mid-term test and for all 4 mid-term tests. Theoretical part (written exam) is conducted of 10 questions, a few questions from these chapters: wrestling history, wrestling rules structural and biomechanical analysis of wrestling.</p> <p>Grade 5 = 10 correct answer, grade 4 = 9 i 8 correct answer, grade 3 = 7 i 6 correct answer, grade 2 = 5 correct answer and grade 1 < 5 correct answer.</p>					

	Final grade is average grade from 4 practical colloquies and grade from theoretical part. Student can use the oral exam to get a higher grade.		
Required literature (available in the library and via other media)	Title	Number of copies in the library	Availability via other media
	Karninčić H. (2009). Hrvanje grčko-rimskim i slobodnim načinom – skripta. Kineziološki Fakultet u Splitu http://www.kifst.hr/~hrvojek/Skripta borilački sportovi 2.pdf		online
	Marić, J., & Marić, J. (1985). <i>Rvanje klasičnim načinom</i> . Sportska tribina.	0	
	Marić, J., & Marić, N. (1990). <i>Rvanje slobodnim načinom</i> . Fakultet za fizičku kulturu.	1	
	Marić J., Bajić M., & Cvetković, Č. (2007). <i>Primjena hrvanja u ostalim sportovima</i> . Kineziološki fakultet Sveučilišta u Zagrebu.		
	Međunarodna pravila za hrvanje grčko-rimskom, slobodnim načinom i u hrvanju za žene. FILA (Federation Internationale des Luttes Associees) online		online
Optional literature (at the time of submission of study programme proposal)	<ol style="list-style-type: none"> Baić, M., Marić, J., & Valentić, M. (2004). Bazične i specifične hrvačke vježbe u parovima za razvoj snage i fleksibilnosti trupa. <i>Kondicijski trening</i>, 2(2), 34-43. Marić, J. (1993). Modificirani način hrvanja u nastavi tjelesnog odgoja. <i>Kineziologija</i>, 25(1), 2. Petrov, R. (1977). Svobodna i klasičeska borba. <i>Sofija: Medicina i fizkultura (prijevod Marić, J.–u rukopisu)</i>. Marić, J., Baić, M., Aračić, M., Milanović, D., & Jukić, I. (2003). Kondicijska priprema hrvača. U: <i>Dragan Milanović i Igor Jukić (ur.), Zbornik radova Međunarodnog znanstveno-stručnog skupa "Kondicijska priprema sportaša, 12, 339-346.</i> Sertić, H. (2004). Osnove borilačkih sportova. <i>Zagreb: Kineziološki fakultet</i>, 57-69.. Gain, W., Hartmann, J., & Tünnemann, H. (1980). <i>Ringens: Ein Lehrbuch für Trainer, Übungsleiter und Aktive</i>. Sportverlag Berlin 		
Quality assurance methods that ensure the acquisition of exit competences	Individual work with teacher, conversation, participation in class, oral seminar presentation, written exam, practical exam, class attendance registering. External evaluation of teaching quality through 'Questionnaire for student's evaluation of teaching'		
Other (as the proposer wishes to add)	http://moodle.kifst.hr/course/view.php?id=497		