



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

| | | | | | | | | | | | |
|-------------|-------------------|-----|--------|-------------|---------------------|--|--|--|--------------|--|--|
| Module Code | S | 273 | B | 272 | Accredited until | | | | Renewal date | | |
| | Branch of Science | | Progr. | Registr. №. | | | | | | | |

Entitlement

Martial Arts

Prerequisites

Theoretical knowledge and skills in available sports disciplines.

Course (module) Learning Outcomes

| №. | Learning Outcomes | Teaching / Learning Methods | Assessment Methods |
|----|-------------------|----------------------------------|--------------------|
| 1 | | Exercise classes, Formal lecture | |
| 2 | | Exercise classes | |
| 3 | | Exercise classes | |

Main aim

Objective: To provide foundational training methodologies for combat sports (judo, boxing, wrestling) and to develop practical action skills.

Tasks:

1. Introduce the history of combat sports (judo, boxing, wrestling).
2. Familiarize with the basics of organizing and conducting competitions in combat sports (judo, boxing, wrestling).
3. Introduce the foundational methodologies for teaching techniques in combat sports (judo, boxing, wrestling).
4. Develop motor skills in combat sports (judo, boxing, wrestling).

Summary

The fundamentals of combat sports" (judo, boxing, wrestling) history, competitions, organizing. The background of techniques, teaching and skills training.

Level of module

| Level of programme | | Subject group (under the regulation of the area) |
|--------------------|----------|--|
| Cycle | Type | |
| First | Bachelor | Specialaus lavinimo |

Group under financial classification

10.Dailė (mokytojai), teatras (mokytojai), muzika (mokytojai), pedagogika (auklėtojai, pedagogai), sportas (treneriai)

Syllabus

| №. | Sections and themes | Responsible lecturer |
|-----|--|----------------------|
| 1. | Judo history | |
| 2. | Safety Rules in the Judo Dojo | |
| 3. | Organization and Execution of Judo Competitions | |
| 4. | Methodology of Teaching Judo Techniques | |
| 5. | History of Boxing | |
| 6. | Safety Rules in the Boxing Gym | |
| 7. | Organization and Execution of Boxing Competitions | |
| 8. | Methodology of Teaching Boxing Techniques | |
| 9. | History of Wrestling | |
| 10. | Safety Rules in the Wrestling Gym | |
| 11. | Organization and Execution of Wrestling Competitions | |
| 12. | Methodology of Teaching Wrestling Techniques | |

Evaluation procedure of knowledge and abilities:

References

| №. | Title | Edition in Lithuanian Sports University library | | In Lithuanian Sports University bookstore | Number of ex. in the methodical cabinet of the depart. |
|----|--|---|---------------------|---|--|
| | | Pressmark | Number of exemplars | | |
| 1. | Dziudo. Veiksmų technika, treniruočių metodika. R. Naužemys, V. Sinkevičius. 2005. Kaunas. | | 6 | No | |
| 2. | Graikų-romėnų imtynės. Vadovėlis. 2007. Kaunas | | 100 | No | |
| 3. | A. Šocikas, V. Mačiulis. Pradedančiųjų boksinių mokymo metodika. Vilnius. Lietuvos Aukštojo ir specialiojo vidurinio mokslo ministerijos Leidybinė redakcinė taryba. 1978. | | 5 | No | |
| 4. | Bokso varžybų taisyklės. Vertimas iš anglų kalbos. Vilnius. 1999. | | 5 | No | |

Additional literature

| №. | Title |
|----|---|
| 1. | A. Šocikas. Boksinių treniruočių metodika. (metodinės rekomendacijos). Vilnius. Respublikinis sporto metodikos kabinetas. 1986. |
| 2. | De Silva H., Fencing - London 2001 |
| 3. | Liaugminas A. (1988). Klasikinių imtynių technikos mokymo metodika. Vilnius. |
| 4. | Liaugminas A., Liaugminas S. (2002). Judrieji ir dvikovos žaidimai moksleiviams sportinių imtynių įgūdžiams tobulinti. Kaunas. |
| 5. | Parchomovič G. P. Osnovy klasičeskogo dziudo. Perm. 1993. |
| 6. | Bartulis V. Dziudo technikos mokymas ir tobulinimas. 1998. |

Coordinating lecturer

| Position | Degree, surname, name | Schedule №. |
|----------|-----------------------|-------------|
| | | |

Subdivision

| Entitlement | Code |
|-------------|------|
| | |

Study module teaching form №. 1

| Semester | | Mode of studies | Structure | | | | Total hours | Credits |
|----------|---|-----------------|-----------|----------|-----------|-----------|-------------|---------|
| | | | Theory | Seminars | Lab Works | Ind. work | | |
| A | S | D | 4 | 0 | 26 | 100 | 130 | 5 |

Languages of instruction:

| | | | | | | | | | | | |
|------------|---|---------|---|---------|---|--------|---|--------|---|-------|------|
| Lithuanian | L | English | E | Russian | R | French | F | German | G | Other | Oth. |
|------------|---|---------|---|---------|---|--------|---|--------|---|-------|------|

Plan of in-class hours

| №. of Themes | Academic hours | | | №. of Themes | Academic hours | | |
|--------------|----------------|----------|-----------|--------------|----------------|----------|-----------|
| | Theory | Seminars | Lab Works | | Theory | Seminars | Lab Works |
| | | | | Total: | 0 | 0 | 0 |

Schedule of individual work tasks and their influence on final grade

| | №. of syllabus | Total hours | Influence on grade, % | Week of presentment of task (*) and reporting (o) | | | | | | | | | | | | | | | | |
|--------|----------------|-------------|-----------------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|-------|
| | | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17-20 |
| Total: | - | 0 | 0 | | | | | | | | | | | | | | | | | |

Study module teaching form №. 2

| Semester | Mode of studies | Structure | Credits |
|----------|-----------------|-----------|---------|
|----------|-----------------|-----------|---------|

