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| Subject | Individual sports II (Athletics – Martial arts - Swimming) | | |
| Type | Type | Semester | ECTS |
| | MANDATORY (M) | IV | 6 |
| Lecturer | Dr.Sc. Abedin Bahtiri & Driton Kukaj & Majlinda Kelmendi | | |
| Goals and objectives | The aim of the course is to introduce students with the fundamental theoretical and practical knowledge on individual sports (athletics, Swimming and Combat Sports) in order to deepen both the general culture of sport, and team sports in particular, both to acquire technical-disciplinary, didactic-operational and relational skills useful in different professional environments (school, sports clubs, etc). | | |
| Learning outcomes | <p>Upon completion of this module, students shall be able to:</p> <ul style="list-style-type: none"> ✓ Demonstrate techniques in selected track and field events, including sprints, middle-distance, long-distance running, and field events. ✓ Analyze and apply biomechanical principles to improve performance and reduce the risk of injury in athletic events. ✓ Design and implement training programs to develop endurance, speed, strength, and flexibility for competitive athletics. ✓ Perform basic Skills in selected martial arts disciplines, focusing on techniques, forms (kata), and sparring strategies. ✓ Apply principles of self-defense effectively in controlled scenarios, emphasizing technique, situational awareness, and discipline. ✓ Understand the philosophy and ethics of martial arts, including respect, perseverance, and self-control. ✓ Master swimming techniques for all four strokes: freestyle, backstroke, breaststroke, and butterfly. | | |
| Content | Java | Topics | |
| | 1 | Syllabus Presentation | |
| | 2 | Theory and Technique of long jump | |
| | 3 | Theory and Technique of triple jump | |
| | 4 | Theory and Technique of high jump | |
| | 5 | Theory and Technique of shot put | |
| | 6 | Theory and Technique of discus and throw | |
| | 7 | Theory and Technique of Javelin throw | |
| | 8 | Mid-exam – 1 | |
| | 9 | The history of Martial Arts | |
| | 10 | Theory and Technique in Judo | |
| | 11 | Theory and technique in Karate | |
| | 12 | Theory and technique in Wrestling | |
| | 13 | History of Swimming | |
| | 14 | Theory and methodology of Swimming | |
| 15 | Mid-exam – 2 | | |
| Teaching/learning methods | Activity | Weight (%) | |
| | Lectures | 30 | |
| | Laboratory | 30 | |
| | Research | 20 | |
| | Independent and group learning | 20 | |
| Methods of Evaluation | Methods of evaluation: | % | |
| | Participation | 20 | |
| | a) Medium-term exam-1 | 20 | |
| | b) Medium term exam – 2 | 20 | |
| | Course design (developing a training program for a certain group) | 40 | |
| Sources | Sources | Number | |
| | Lectures | 1 | |
| | Presentations | 1 | |
| | Web of Science | 1 | |
| | PubMed | 1 | |
| | Scopus | 1 | |
| ECTS Workload | Activity | Weekly hours | Workload |
| | Lectures | 1 | 12 |
| | Lab | 3 | 36 |

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| | Course project | n/a | 30 |
| | Independent work | n/a | 82 |
| Literature | <ul style="list-style-type: none"> • Atletika:Rakovica, H.: 2004, Prishtinë • Carr, G.: Fundamentals of Track and Field, Human Kinetics, Second Edition, 1999. • Maric, J. Mundja - stili i lirë. Universiteti i Zagrebit. 2004 • Rexhepi, F. Xhudo. Universiteti i Prishtinës. 2004 • Kules, B. Trajningu i karatistëve. Universiteti i Zagrebit. 2004 • Bay, S.: <u>Swimming Steps to Success- 4th Edition</u>, Human Kinetics, 2016. | | |
| Ethical standards | This course follows the UBT College Code of Ethics, requiring all students to behave accordingly. Any instance of academic misconduct, including but not limited to fraud, plagiarism, or other forms of dishonesty, will lead to significant penalties like failure of specific assessment or the entire course, as well as further disciplinary measures in line with UBT College's academic integrity policies. | | |
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