

SYLLABUS

28.03.2019 nr 6.1-14/987-1

SUBJECT CODE	KORC5213	
NAME OF THE SUBJECT (in Estonian)	Enesekaitse vanglas	
NAME OF THE SUBJECT (in English)	Self-defence in prison	
VOLUME (ECTS)	1,5 ECTS	
CURRICULUM	Corrections	
RESPONSIBLE LECTURER	Jüri Kulbin	
PREREQUISITE MODULES AND SUBJECTS:	-	
OBJECTIVE OF THE SUBJECT: provide the means for the student to know and use self-defence techniques correctly		
LEARNING OUTCOMES	ASSESSMENT METHODS	ASSESSMENT CRITERIA
After completing the subject, the student:		
<ul style="list-style-type: none"> • Demonstrates the means to block an attack at a moderate pace; • Demonstrates the takedown and breakaway techniques at a moderate pace. 	Practical exercise. The student demonstrates: <ul style="list-style-type: none"> - hand strikes (three different techniques); - foot strikes (three different techniques); - blocking (three different techniques); - takedown; - breakaway. 	Threshold criteria: <ul style="list-style-type: none"> • Blocking the attacks with the right timing; • Performing the takedown and breakaway techniques at a moderate pace.
Requirements for and the composition of the final grade / credit test: The subject is passed when the threshold assessment criteria are met.		

Compiled by: Jüri Kulbin

Date: 20.03.2019