

SYLLABUS

21.03.2022 nr 6.1-14/813-1

SUBJECT CODE		KORC5217			
NAME OF THE SUBJECT (in Estonian)		Enesekaitse vanglas			
NAME OF THE SUBJECT (in English)		Self-defence in prison			
VOLUME (ECTS)		1 ECTS			
CURRICULUM		Elective subject for ERASMUS students			
RESPONSIBLE LECTURER		Jüri Kulbin			
PREREQUISITE MODULES AND SUBJECTS:		-			
VOLUME OF STUDIES (study group/form of study)					
LECTURE (number of study hours)	SEMINAR (number of study hours)	PRACTICAL WORK (number of study hours)	INDIVIDUAL WORK (number of study hours)	E-LEARNING (number of study hours)	TOTAL (number of study hours)
		20	6		26
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:					
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: - hand strikes (three different techniques); - foot strikes (three different techniques); - blocking (three different techniques); - takedown; - breakaway.		Threshold criteria: Blocking the attacks with the right timing; Performing the takedown and breakaway techniques at a moderate pace.	

Assessment form: Subject is *non-differentiated assessment* (pass/fail).