

UČNI NAČRT PREDMETA / COURSE SYLLABUS

Predmet:	Obvladovanje konfliktov z osnovami samozaščitnih tehnik
Course title:	Conflict management with the basics of self-defense techniques

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Obštudijska dejavnost			zimski
Extracurricular activities			winter

Vrsta predmeta / Course type

Obštudijska dejavnost/ Extracurricular activities

Univerzitetna koda predmeta / University course code:

Predavanja Lectures	Seminar Seminar	Vaje Tutorial	Klinične vaje work	Druge oblike študija	Samost. delo Individ. work	ECTS
30		30			30	3

Nosilec predmeta / Lecturer:

viš. pred. spec. Bojan Zorec in doc. dr. Tinkara Pavšič Mrevlje

Jeziki /**Predavanja Lectures:**

Slovenski/Slovene

Languages:**Vaje / Tutorial:**

Slovenski/Slovene

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:

Pogojev ni.

Prerequisites:

None.

Vsebina:**Content (Syllabus outline):**

<ul style="list-style-type: none"> • Definicija in prepoznavanje konfliktov • Pomen komunikacije v kontekstu konfliktov • Strategije reševanja konfliktov • Pravočasno prepoznavanje nevarnih – ogrožajočih situacij • Pomen varnostne razdalje, pozicije telesnih segmentov in okolice/prostora v konfliktnih in ogrožajočih situacijah • Naravne in instinktivne samoobrambne reakcije • Pomen načela »prve reakcije« pri odvratanju neoboroženega ali oboroženega napadalca • Tehnike borilnih veščin (blokade, udarci, brce, meti, podiranja, davljenja...) • Vitalne točke na človeškem telesu • Pomen izbire ustrezne oblike telesne sile glede na način in oblike napada ter telesnih značilnosti napadalca • Pomen izbire ustrezne oblike telesne sile glede na lastne telesne značilnosti in psihofizično pripravljenost • Samoobrambne taktike in tehnike pred napadom z različnimi oblikami telesne sile (potiskanja, prijem za roko ali obleko, objem telesa, udarci, brcami, davljenji...) • Samoobrambne tehnike in taktike pred napadom z nevarnimi predmeti (nož, izvijač, palica...) in grožnjami z orožjem • Uporaba priročnih sredstev (dežnik, palica, torbica, plinski razpršilec...) pri uporabi samoobrambnih tehnik • Nudenje prve pomoči pri morebitnih poškodbah nesorazmerne uporabe telesne sile pri hujših oblikah napadov 	<ul style="list-style-type: none"> • Definition and recognition of conflicts • The importance of communication in the context of conflicts • Conflict resolution strategies • Timely recognition of dangerous – threatening situations • The importance of safety distance, positions of body segments, and the importance of environment/space in dangerous – threatening situations • Natural and instinctive reactions of self defense • The importance of the principle of "first reaction" at deterrence of an armed or unarmed attacker • Martial arts techniques (blocks, strikes, kicks, throws, take downs, strangulations...) • Vital spots on a human body • The importance of choosing an appropriate body force regarding the manner and form of the attacker's attack and his physical characteristics • The importance of choosing the appropriate form of body force according to one's own physical characteristics and level of strength and conditioning • Tactics and techniques of self-defense using the body force (pushing, hand or suit grip, body lock, strikes, kicks, strangulations...) • Tactics and techniques of self-defense against an armed attack (knife, screwdriver, stick ...) and armed threat • Use of handy tools (umbrella, stick, bag, gas spray ...) when using self-defense techniques. • Providing first aid in the event of injuries with disproportionate use of physical force in severe forms of attacks
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Temeljni literatura in viri / Readings:

Ribeiro, S., Howell, K. (2008). Jiu – Jitsu University. Simon & Shuster.

Cole, K. (2006). Just Ju – Jitsu. The Growood Press Ltd.

Jakhel, R. (1994). Moderni športni karate, Ljubljana, FŠ.

Škraba, J. (1980). Prvi koraki, Ljubljana, Težkoatletski klub Olimpija.

Deutsch, M., Coleman, P. T., in Marcus, E. C. (Eds.). (2011). The handbook of conflict resolution: Theory and practice. John Wiley & Sons.

Shapiro, D., Pilsitz, L., in Shapiro, S. (2004). Conflict and communication: a guide through the labyrinth of conflict management. IDEA.

Cilji in kompetence:

- Študent prepozna različne oblike konfliktov in dejavnikov, ki so do konflikta pripeljali
- Študent prepozna lastne najpogosteje uporabljene strategije reševanja konflikta
- Študent zna izbrati ustrezno strategijo reševanja konfliktne situacije
- Študent prepozna obliko in intenziteto napada ali ogrožanja in pri tem uporabi ustrezno taktiko in samoobrambno tehniko
- Študent zna izbrati ustrezno obliko telesne sile glede na način in obliko napada ter telesnih značilnosti napadalca
- Študent zna izbrati ustrezno obliko telesne sile glede na lastne telesne značilnosti in psihofizične pripravljenosti

Objectives and competences:

- The student recognizes different forms of conflicts and factors that lead to the conflict
- The student identifies her/his own most commonly used conflict resolution strategies
- The student chooses an appropriate strategy for resolving a conflict situation
- The student recognizes the form and intensity of the attack or threat and uses an appropriate tactic and self-defense techniques
- The student is able to choose the appropriate form of physical force according to the manner and form of attack and the physical characteristics of the attacker
- The student is able to choose the appropriate form of physical force according to their physical characteristics and psychophysical readiness

Predvideni študijski rezultati:

Znanje in razumevanje:

- Razumevanje in prepoznavanje dejavnikov, ki vplivajo na nastanek, ohranjanje in razreševanje konfliktnih situacij
- Prepoznavanje ustreznih strategij za razreševanje konfliktov
- Prepoznavanje in razumevanje soodvisnosti telesne priprave in dejavnikov tveganja pri uporabi samoobrambne tehnike z upoštevanjem načela sorazmernosti

Intended learning outcomes:

Knowledge and understanding:

- Understanding and identifying factors that influence the emergence, maintenance, and resolution of conflict situations
- Identifying appropriate conflict resolution strategies
 - Identifying and understanding the interdependence of physical fitness and risk factors in the use of self-defense techniques, taking into account the principle of proportionality

Metode poučevanja in učenja:

V programu bodo uporabljene naslednje metode in oblike poučevanja:

- metoda razlage in razgovora (predavanja) - frontalna učna oblika
- metoda demonstracije - skupinska učna oblika, delo v parih
- študije praktičnih primerov napadov in pri tem uporabljene ustrezne in neustrezne samoobrambne tehnike in taktike (posamezni primeri iz sodne prakse)

Learning and teaching methods:

The program will use the following teaching methods and forms:

- method of explanation and conversation (lectures); frontal learning form
- demonstration method - group learning, work in pairs
- case studies of attacks and the use of appropriate and inappropriate self-defense techniques and tactics (individual case law cases)

Načini ocenjevanja:	Delež (v %) / Weight (in %)	Assessment:
Način (pisni izpit, ustno izpraševanje, naloge, projekt)	Ustni izpit (100 %)	Type (examination, oral, coursework, project):
Obvezna 80 % udeležba na vajah	Oral exam (100%)	Mandatory 80% participation in the practical part
Opisno ocenjevanje (opravil/ni opravil)		Descriptive assessment (passed/failed)

Reference nosilca / Lecturer's references:

Tinkara Pavšič Mrevlje

- Docentka na Fakulteti za varnostne vede in Oddelku za psihologijo FF UM
- Delavnice na temo nasilja in reševanja konfliktov (za šolske delavce, pod okriljem Ministrstva za šolstvo in šport ter Pedagoške fakultete)
- Psihoanalitična psihoterapevtka

PAVŠIČ MREVLJE, Tinkara. Police trauma and Rorschach indicators: and exploratory study. *Rorschachiana*, ISSN 1192-5604, 2018, vol. 39, iss. 1, str. 1-19, tabele, doi: [10.1027/1192-5604/a000097](https://doi.org/10.1027/1192-5604/a000097).

PAVŠIČ MREVLJE, Tinkara, NIVALA, Johanna. Victimization of the elderly in the municipalities of Ljubljana and Uppsala. *International review of victimology*, ISSN 0269-7580, 2017, vol. 23, iss. 1, str. 33-46, tabele, doi: [10.1177/0269758016671175](https://doi.org/10.1177/0269758016671175).

PAVŠIČ MREVLJE, Tinkara. The trauma and coping in homicide and sexual offences and juvenile crime criminal investigators. *Varstvoslovje: revija za teorijo in prakso varstvoslovja*, ISSN 1580-0253. [Tiskana izd.], 2017, letn. 19, št. 4, str. 323-338, tabele, graf. prikazi.

PAVŠIČ MREVLJE, Tinkara. Coping with work-related traumatic situations among crime scene technicians. *Stress and health*, ISSN 1532-2998, Oct. 2016, vol. 32, iss. 4, str. 374-382, graf. prikaz, tabeli, doi: [10.1002/smi.2631](https://doi.org/10.1002/smi.2631).

Bojan Zorec

- Višji predavatelj za področje kineziologije- pedagoški vidik na FVV
- Osnovna šola samoobrambe v okviru Programov stalnega strokovnega izobraževanja na Fakulteti za šport, 2002
- Osnove samoobrambnih tehnik za študente UL (30 urni tečaji v obdobju 2000-2007)
- Nosilec ju jitsu 2. DAN

ZOREC, B. (2013). Antropometrične karakteristike policistov. V: MEŠKO, Gorazd (ur.), TIČAR, Bojan (ur.), EMAN, Katja (ur.). *Jubilejni zbornik znanstvenih razprav: 40 let študija na področju varnosti in 10 let Fakultete za varnostne vede*. Ljubljana: Fakulteta za varnostne vede, 573-584.

ZOREC, B., ZOREC, R., JELER, M. (2012). Sport injuries in self-defence training. V: Sports medicine, the challenge for global health: quo vadis?: poster's book. XXXII World Congress of Sports Medicine, Roma, 612.

ZOREC, B. (2008). Sports activities for the male members at the ministry of the interior. V: MILANOVIĆ, Dragan (ur.), PROT, Franjo (ur.). *Proceedings book*. 5th International Scientific Conference on Kinesiology. Zagreb: Faculty of Kinesiology, 408-409.

ZOREC, B. (2006). The effect of self-defence training on morphological and motor dimensions. V:
HOPPELER, Hans (ur.), et al. *Book of abstracts*. 11th annual Congress of the European College of Sport
Science. Cologne: Sportverlag Strauss, 175.