

**KCOMB 2.2 Course Outline as of Fall 2023****CATALOG INFORMATION**

Dept and Nbr: KCOMB 2.2 Title: INTERMEDIATE JUDO

Full Title: Intermediate Judo

Last Reviewed: 2/6/2023

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.50	Lab Scheduled	3.00	5	Lab Scheduled	52.50
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 17.50

Total Student Learning Hours: 52.50

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly: PHYED 70.2

**Catalog Description:**

A progressive course designed for the continuing judo student with emphasis on intermediate level judo throws, locks, pins, and grips. Students will learn increasing levels of judo fitness, as well as history of judo in America.

**Prerequisites/Corequisites:****Recommended Preparation:**

Course Completion of KCOMB 2.1

**Limits on Enrollment:****Schedule of Classes Information:**

Description: A progressive course designed for the continuing judo student with emphasis on intermediate level judo throws, locks, pins, and grips. Students will learn increasing levels of judo fitness, as well as history of judo in America. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Course Completion of KCOMB 2.1

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:

<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:
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<b>CSU Transfer:</b>	Transferable	Effective:	Fall 1995	Inactive:
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<b>UC Transfer:</b>	Transferable	Effective:	Fall 1995	Inactive:
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**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Demonstrate intermediate level physical skills of judo.
2. Develop intermediate strategies for offensive and defensive responses.
3. Accurately communicate the rules, history, and vocabulary of judo.

### **Objectives:**

At the conclusion of this course, the student should be able to:

1. Demonstrate intermediate judo skills relating to coordination, balance, reaction, cardiovascular endurance, muscular strength, and endurance.
2. Explain judo concepts, history, and language.
3. Develop an intermediate fitness regimen based on judo techniques and skills.
4. Apply practical and in-depth knowledge of judo competitions and strategies.

### **Topics and Scope:**

- I. Intermediate Judo Skills and Conditioning Techniques
  - A. Roll and fall safely
  - B. Throwing techniques
  - C. Grappling techniques
  - D. Principles of balance, movement, and posture
- II. Judo Concepts, History and Language
  - A. Discussion of judo history and development
  - B. Using the Japanese vocabulary related to judo
- III. Fitness Regimens for Judo
  - A. Judo-related fitness regimens and concepts
  - B. Warm-ups, focusing on muscular strength and endurance
- IV. Practical and General Knowledge of Judo Competition
  - A. Rules of conduct of judo competition
  - B. Offensive schemes

- C. Defensive schemes
- D. Coaching methods, mediums, and techniques

### Assignment:

1. Reading assignments from instructor's reading list
2. Online research (ungraded)
3. Written quizzes (1-3)
4. Exams
5. In-class judo tournament, judo exercises, score keeping, time keeping, and refereeing
6. Preparation and maintenance of individual training record book

### Methods of Evaluation/Basis of Grade:

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Individual training record book

Writing  
5 - 10%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving  
0 - 0%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

In-class judo tournament, judo exercises, score keeping, time keeping, and refereeing

Skill Demonstrations  
10 - 25%

**Exams:** All forms of formal testing, other than skill performance exams.

Quizzes; exams

Exams  
10 - 25%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

Participation

Other Category  
40 - 75%

### Representative Textbooks and Materials:

The United States Judo Association Senior Handbook. United States Judo Association. 1998 (classic).

Instructor prepared materials