

CATALOG INFORMATION

Dept and Nbr: PHYED 70.1 Title: JUDO - BEGINNING
Full Title: Beginning Judo
Last Reviewed: 11/23/2020

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	2.00	6	Lab Scheduled	35.00
		Contact DHR	0		Contact DHR	0
		Contact Total	2.00		Contact Total	35.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 35.00

Title 5 Category: AA Degree Applicable
Grading: Grade or P/NP
Repeatability: 22 - 4 Times in any Comb of Levels
Also Listed As:
Formerly: PE 17.1

Catalog Description:
An introductory judo course that emphasizes judo history, vocabulary, rules and methods of competition, fundamental throwing, falling, and grappling techniques.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: An introductory judo course that emphasizes judo history, vocabulary, rules and methodes of competition, fundamental throwing, falling, and grappling techniques. (Grade or P/NP)
Prerequisites/Corequisites:
Recommended:
Limits on Enrollment:
Transfer Credit: CSU;UC.

Repeatability: 4 Times in any Comb of Levels

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area			Effective:	Inactive:
CSU GE:	Transfer Area			Effective:	Inactive:
IGETC:	Transfer Area			Effective:	Inactive:
CSU Transfer:	Transferable	Effective:	Fall 1987	Inactive:	
UC Transfer:	Transferable	Effective:	Fall 1987	Inactive:	

CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Outcomes and Objectives:

Upon completion of this course students will be able to:

1. Demonstrate the fundamental skills of judo relating to:
 - a. Coordination
 - b. Balance
 - c. Reaction
 - d. Muscular Strength
 - e. Muscular and cardiovascular endurance
2. Communicate in the language of judo and discuss judo history.
3. Develop a simple individual fitness regimen.
4. Apply practical and general knowledge of judo competition.

Topics and Scope:

- I. Individual fundamental skills and conditioning
 - A. Roll and fall safely
 - B. Throwing techniques
 - C. Grappling techniques
 - D. Principles of balance, movement, and posture
- II. Communicate in the language of judo and discuss judo history
 - A. Discussion of judo history and development
 - B. Using the Japanese vocabulary related to judo
- III. Develop a simple individual fitness regimen
 - 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

Assignment:

Assignments:

1. 1-3 written quizzes
2. Online research in preparation for quizzes
3. Reading assignments
4. Observation of judo tournament procedures
5. Participation in classroom tournament exercises

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.

None, This is a degree applicable course but assessment tools based on writing are not included because skill demonstrations are more appropriate for this course.

Writing
0 - 0%

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.

Class performances, Performance exams

Skill Demonstrations
20 - 40%

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

Multiple choice, True/false

Exams
20 - 40%

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

Participation

Other Category
40 - 60%

Representative Textbooks and Materials:

The United States Judo Association Senior Handbook. 1999 edition. (classic)
Instructor prepared materials