

CATALOG INFORMATION

Dept and Nbr: PHYED 70.3      Title: JUDO - ADV.  
Full Title: Advanced Judo  
Last Reviewed: 2/6/2023

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	17.5	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 17.3

**Catalog Description:**  
A progressive course designed for the advanced Judo student. Competitive and self defense aspects of Judo, and increased fitness levels will be offered.

**Prerequisites/Corequisites:**

**Recommended Preparation:**  
Course Completion of KCOMB 2.2 ( or PHYED 70.2 or PE 17.2)

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: A progressive course designed for the advanced Judo student. Competitive and self defense aspects of Judo, and increased fitness levels will be offered. (Grade or P/NP)  
Prerequisites/Corequisites:  
Recommended: Course Completion of KCOMB 2.2 ( or PHYED 70.2 or PE 17.2)  
Limits on Enrollment:  
Transfer Credit: CSU;UC.  
Repeatability: 4 Times in any Comb of Levels

## **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:

<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**

### **Outcomes and Objectives:**

At the end of the semester, the student will:

1. Increase knowledge of the advanced throws of Judo, the GOKYO - NO-WAZA.
2. Increase fitness, stamina, and knowledge of exercise and nutrition.
3. Increase and fine tune competition and self defense skills.
4. Be able to perform all of the basic to advanced competition arm locks, and choke techniques.
5. Have a working knowledge of the current I.J.F. rules for Judo competition.
6. Create and perform a complete interegrated attack and defense system. To include gripping, mat, and throwing techniques.
7. Have a working knowledge of the self defense or Ju-jitsu applications of advanced Judo.

### **Topics and Scope:**

1. Advanced throws, locks, chokes and hold downs of Judo.
2. Detailed history of Judo, and Judo in America.
3. Complete coverage of the I.J.F. rules of Judo competition.
4. Advanced gripping and tactics of Judo. Competitive and self defense (Ju-jitsu) applications.
5. Complete application of a fitness regimen. To include exercise, diet, and care of the body. Development of character and a strong inquiring mind.
6. Development of individual leadership skills and motivation.

### **Assignment:**

## 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

Exams  
20 - 40%

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

ATTENDANCE

Other Category  
40 - 60%

## Representative Textbooks and Materials: