

CATALOG INFORMATION

Dept and Nbr: KCOMB 2.1

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: PHYED 70.1

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