

KCOMB 2.3 Course Outline as of Fall 2016**CATALOG INFORMATION**

Dept and Nbr: KCOMB 2.3 Title: ADVANCED JUDO

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	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: 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 70.3

Catalog Description:

A progressive course designed for the experienced judo student with an emphasis on advanced judo techniques including combinations and Katas. There will be an emphasis on increasing the student's level of fitness, history, vocabulary, and developmental aspects of competitive judo.

Prerequisites/Corequisites:**Recommended Preparation:**

Course Completion of KCOMB 2.2

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

Description: A progressive course designed for the experienced judo student with an emphasis on advanced judo techniques including combinations and Katas. There will be an emphasis on increasing the student's level of fitness, history, vocabulary, and developmental aspects of competitive judo. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Course Completion of KCOMB 2.2

Limits on Enrollment:

Transfer Credit: CSU;UC.

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

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 1995	Inactive:
UC Transfer:	Transferable	Effective: Fall 1995	Inactive:

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. Engage in judo competitions demonstrating advanced physical judo skills and strategies.
2. Apply the knowledge of rules, history, and vocabulary of advanced judo competitions.
3. Provide leadership for belt advancement and in class lessons

Objectives:

1. Demonstrate advanced principles of balance, movement and posture.
 - a. Create a personal integrated attack system.
 - b. Demonstrate the Nage no Kata.
2. Demonstrate leadership strategy.
 - a. Develop a simple lesson plan.
 - b. Explain and discuss promotional requirements from beginner to black belt.
3. Discuss competitive judo history in the U.S..
4. Develop an increased level of judo related fitness.

Topics and Scope:

- I. Advanced principles of balance, movement and posture
 - A. Agility
 - B. Reaction
 - C. Coordination
- II. Coaching and leadership methods, mediums and techniques
- III. Advanced history of judo
- IV. Advanced judo vocabulary
- V. Advanced conditioning utilizing judo related exercises

Assignment:

Students are required to spend an additional one hour per week outside of class working on one or more of the assignments listed below; or other assignment as directed by the instructor.

1. Online research.
2. Written report from online research.
3. 2-4 written quizzes.
4. Participation in class tournament.
5. Maintenance of training clock.
6. Written progress log/journal.
7. Leading warm-ups and cool-downs.
8. Performance exams.

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.

Written report, progress report/journal

Writing
10 - 20%

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.

Skill performances, tournaments, clock maintenance, and performance exams

Skill Demonstrations
20 - 30%

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

Quizzes, multiple choice, true/false

Exams
20 - 30%

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

Participation, attendance, and leading warm ups and cool downs

Other Category
40 - 50%

Representative Textbooks and Materials:

Instructor prepared materials