

**KCOMB 2.1 Course Outline as of Fall 2016****CATALOG INFORMATION**

Dept and Nbr: KCOMB 2.1 Title: BEGINNING JUDO

Full Title: Beginning Judo

Last Reviewed: 5/13/2013

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: 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 70.1

**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 methods of competition, fundamental throwing, falling, and grappling techniques. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

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:
<b>CSU Transfer:</b>	Transferable	Effective:	Fall 1987	Inactive:	
<b>UC Transfer:</b>	Transferable	Effective:	Fall 1987	Inactive:	

### **CID:**

### **Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Student Learning Outcomes:**

1. Demonstrate the appropriate physical skills of beginning judo
2. Develop strategies for specific offensive and defensive responses for beginning judo
3. Explain the rules, history and vocabulary of judo

### **Objectives:**

1. Demonstrate the fundamental skills of judo relating to coordination, balance, reaction, muscular strength, muscular endurance and cardiovascular endurance.
2. Communicate using appropriate judo terminology and discuss judo history.
3. Develop a simple individual fitness regimen for beginning judo.
4. Apply practical and general knowledge of basic judo competition.

### **Topics and Scope:**

- I. Individual fundamental skills and conditioning
  - A. Roll and falling
  - B. Throwing techniques
  - C. Grappling techniques
  - D. Principles of balance, movement, and posture
- II. Judo terminology and judo history
  - A. History and development of judo
  - B. Japanese vocabulary related to judo
- III. Individual judo fitness regimen
  - A. Warm-up
  - B. Muscular strength
  - C. Muscular endurance
  - D. Flexibility
  - E. Power
  - F. Cardiovascular training
  - G. Cool-down
- IV. Practical and general knowledge of judo competition
  - A. Rules of conduct for 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 (3-5/semester, 10-20 pages each)
4. In-class 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