

**KCOMB 2.3 Course Outline as of Fall 2023****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	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.50	Lab Scheduled	3.00	5	Lab Scheduled	52.50
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		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 learning advanced judo techniques including combinations and Katas. Students will learn increasing levels of judo fitness as well as the 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 learning advanced judo techniques including combinations and Katas. Students will learn increasing levels of judo fitness as well as the 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:**

<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:	
<b>UC Transfer:</b>	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. Demonstrate application of advanced physical judo skills and strategies.
2. Teach fundamental beginning judo concepts and skills.
3. Apply knowledge of judo competition rules, history, culture, online instruction protocols, and vocabulary of advanced judo theory to application of skills and strategies.
4. Demonstrate leadership skills for in-class and online lessons.

### **Objectives:**

At the conclusion of this course, the student should be able to:

1. Demonstrate advanced principles of balance, movement, and posture.
2. Create a personal integrated attack system.
3. Demonstrate three of five sets of Nage-no-Kata.
4. Demonstrate leadership strategy.
5. Develop a lesson plan for beginning judo skills.
6. Explain and discuss concepts and theories of applied judo.
7. Discuss competitive judo history in the U.S.
8. Develop an increased level of judo-related fitness.

### **Topics and Scope:**

- I. Advanced Principles of Balance, Movement and Posture
  - A. Agility
  - B. Action/Reaction
  - C. Coordination
  - D. Personal integrated attack system
  - E. Nage-no-Kata
- II. Coaching and Leadership Methods, Mediums and Techniques

### III. Judo Lesson Plans

### IV. Advanced History of Judo

### V. Advanced Judo Concepts, Theories, and Vocabulary

### VI. Advanced Conditioning and Fitness Utilizing Judo-related Exercises

#### Assignment:

1. Online research
2. Written report from online research
3. Written quizzes (2-4)
4. Maintenance of training clock
5. Written progress log/journal
6. Leading warmups and cool-downs
7. Skill performance exams
8. Participation in class tournament

#### 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 log/journal

Writing  
5 - 10%

**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 performance exams; clock maintenance

Skill Demonstrations  
10 - 25%

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

Quizzes

Exams  
10 - 25%

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

Participation (including in the class tournament); attendance; leading warmups and cool downs

Other Category  
40 - 75%

#### Representative Textbooks and Materials:

Kodokan Judo. Kano, Jigaro. Kodansha International. 2013 (classic).