

CATALOG INFORMATION

Dept and Nbr: PHYED 70.2 Title: JUDO - INTER.
Full Title: Intermediate 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	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: PE 17.2

Catalog Description:
A progressive course designed for the continuing Judo student. Focus on advanced techniques and history of Judo in America.

Prerequisites/Corequisites:

Recommended Preparation:
Course Completion of KCOMB 2.1 (or PHYED 70.1 or PE 17.1)

Limits on Enrollment:

Schedule of Classes Information:
Description: A progressive course designed for the continuing Judo student. Focus on advanced techniques and history of Judo in America. (Grade or P/NP)
Prerequisites/Corequisites:
Recommended: Course Completion of KCOMB 2.1 (or PHYED 70.1 or PE 17.1)
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 1995	Inactive:
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UC Transfer:	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 Judo mat techniques, chokes and joint locks.
2. Understand the chokes, and basic rules of Judo competition.
3. Increase stamina and endurance.
4. Increase and fine tune students competitive and self defense skills, associated with Judo throws.
5. Increase knowledge of Judo vocabulary, and history.

Topics and Scope:

Focus will be on the intermediate level skills of Judo!

1. More advanced Mat/ground techniques.
2. Rules and scoring of Judo competition.
3. Endurance and fitness program for the Judo student.
4. Self defense applications of the Judo throws and mat techniques covered in the class curriculum.
5. Leadership development in the Judo student, and the applications of these principals to the students daily life.
6. History and traditions of Judo in America.

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, WRITTEN QUIZ/FINAL - ATTENDANCE

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.

ATTENDANCE

Other Category
40 - 60%

Representative Textbooks and Materials: