

PHYED 70.3 Course Outline as of Summer 2010**CATALOG INFORMATION**

Dept and Nbr: PHYED 70.3 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: 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 17.3

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 students level of fitness, history, vocabulary, and developmental aspects of competitive judo.

Prerequisites/Corequisites:**Recommended Preparation:**

Course Completion of KCOMB 2.2 (or PHYED 70.2 or PE 17.2)

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 students level of fitness, history, vocabulary, and developmental aspects of competitive judo. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Course Completion of KCOMB 2.2 (or PHYED 70.2 or PE 17.2)

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:	
UC Transfer:	Transferable	Effective:	Fall 1995	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 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.
5. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

Topics and Scope:

1. Advanced principles of balance, movement and posture
 - a. Agility
 - b. Reaction
 - c. Coordination
2. Coaching and leadership methods, mediums and techniques
3. Advanced history of judo
4. Advanced judo vocabulary
5. Advanced conditioning utilizing judo related exercises
6. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

Assignment:

1. On-line research.

2. Written report from on-line 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.
9. Repeating students demonstrate an increased level of performance.

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