

CATALOG INFORMATION

Dept and Nbr: KCOMB 2.1      Title: JUDO - BEGINNING  
Full Title: Beginning Judo  
Last Reviewed: 11/23/2020

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: 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 methodes of competition, fundamental throwing, falling, and grappling techniques. (Grade or P/NP)  
Prerequisites/Corequisites:  
Recommended:  
Limits on Enrollment:  
Transfer Credit: CSU;UC.

Repeatability: 4 Times in any Comb of Levels

## **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**

### **Outcomes and Objectives:**

Upon completion of this course students will be able to:

1. Demonstrate the fundamental skills of judo relating to:
  - a. Coordination
  - b. Balance
  - c. Reaction
  - d. Muscular Strength
  - e. Muscular and cardiovascular endurance
2. Communicate in the language of judo and discuss judo history.
3. Develop a simple individual fitness regimen.
4. Apply practical and general knowledge of judo competition.

### **Topics and Scope:**

- I. Individual fundamental skills and conditioning
  - A. Roll and fall safely
  - B. Throwing techniques
  - C. Grappling techniques
  - D. Principles of balance, movement, and posture
- II. Communicate in the language of judo and discuss judo history
  - A. Discussion of judo history and development
  - B. Using the Japanese vocabulary related to judo
- III. Develop a simple individual fitness regimen
  - A. Judo related fitness regimens and concepts
  - B. Warm-ups, focusing on muscular strength and endurance
- IV. Practical and general knowledge of judo competition
  - A. Rules of conduct of 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
4. 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