

KCOMB 2.1 Course Outline as of Fall 2013**CATALOG INFORMATION**

Dept and Nbr: KCOMB 2.1 Title: BEGINNING JUDO

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: 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:

AS Degree:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:

IGETC:	Transfer Area	Effective:	Inactive:
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CSU Transfer:	Transferable	Effective:	Fall 1987	Inactive:
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UC Transfer:	Transferable	Effective:	Fall 1987	Inactive:
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CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Outcomes and 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