

**KCOMB 2.2 Course Outline as of Fall 2013****CATALOG INFORMATION**

Dept and Nbr: KCOMB 2.2 Title: INTERMEDIATE JUDO

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	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: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly: PHYED 70.2

**Catalog Description:**

A progressive course designed for the continuing judo student with emphasis on intermediate level judo throws, locks, pins, and grips. This course will include increasing levels of judo fitness, as well as history of judo in America.

**Prerequisites/Corequisites:****Recommended Preparation:**

Course Completion of PHYED 70.1

**Limits on Enrollment:****Schedule of Classes Information:**

Description: A progressive course designed for the continuing judo student with emphasis on intermediate level judo throws, locks, pins, and grips. This course will include increasing levels of judo fitness, as well as history of judo in America. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Course Completion of PHYED 70.1

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:
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<b>CSU Transfer:</b>	Transferable	Effective:	Fall 1995	Inactive:
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<b>UC Transfer:</b>	Transferable	Effective:	Fall 1995	Inactive:
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**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

Upon completion of this course students will be able to:

1. Demonstrate intermediate judo skills relating to:
  - a. Coordination
  - b. Balance
  - c. Reaction
  - d. Muscular strength
  - e. Muscular and cardiovascular endurance
2. Explain judo concepts, history and language.
3. Develop an intermediate fitness regimen based on judo techniques and skills.
4. Apply practical and in-depth knowledge of judo competitions and strategies.
5. Repeating students must demonstrate increased depth and breadth of related skills with new learning objectives.

### **Topics and Scope:**

1. Intermediate judo skills and conditioning techniques
  - a. Roll and fall safely
  - b. Throwing techniques
  - c. Grappling techniques
  - d. Principles of balance, movement, and posture
2. Judo concepts, history and language
  - a. Discussion of judo history and development
  - b. Using the Japanese vocabulary related to judo
3. Fitness regimens for judo
  - a. Judo related fitness regimens and concepts
  - b. Warm-ups, focusing on muscular strength and endurance
4. Practical and general knowledge of judo competition
  - a. Rules of conduct of judo competition
  - b. Offensive schemes

- c. Defensive schemes
  - d. Coaching methods, mediums, and techniques
5. Repeating students must demonstrate increased depth and breadth of related skills with new learning objectives.

### Assignment:

1. Reading assignments from instructor's reading list.
2. Online research.
3. 1-3 written quizzes.
4. 2 multiple choice / true false exams.
5. In-class judo tournament, judo exercises, score keeping, time keeping, and refereeing.
6. Preparation and maintenance of individual training record book.
7. Repeating students must 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.

Individual training record book

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.

In-class judo tournament, judo exercises, score keeping, time keeping, and refereeing

Skill Demonstrations  
20 - 30%

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

Quizzes, exams, multiple choice, and true/false

Exams  
20 - 30%

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

Participation

Other Category  
40 - 50%

### Representative Textbooks and Materials:

The United States Judo Association Senior Handbook (2006)  
Instructor prepared materials