San José State University  
Kinesiology  
Fall 2016, KIN 52A, Beginning Judo, Section 3

Contact Information

Instructor: Syria Rhodes  
Office Location: YUH 208  
Telephone: N/A  
Email: Syria.Rhodes@sjsu.edu  
Office Hours: Monday 3:20 – 4:30, Wednesday 3:20 – 4:00, or by appointment  
Class Meetings & location MW 2:30-3:20 YUH 208

Link to new syllabi policy: http://www.sjsu.edu/senate/docs/S16-9.pdf

Course Description

This course is focused on development the fundamental skills and knowledge related to Judo. Included are basic groundwork and throwing techniques.

Web Resource

Course materials may be found on the e-campus Canvas learning management system at http://www.sjsu.edu/at/ec/canvas/. You are responsible for regularly checking the Canvas discussion board and email for information and messages. Login using your mysjsu username and password.

Course Goals and Student Learning Objectives

Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skills tests, and written exams,

• Knowledge of fundamental skills and techniques in the sport of judo.
• Proficiency in execution of the judo skills covered.
• An understanding of the history, rules, strategies, current research, safety and etiquette associated with judo.
  o How to bow properly
  o How to wear the judo gi (uniform) properly
• An understanding of the mental and physical health benefits to be derived from judo.
• An appropriate level of proficiency in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.

**Activity Program Learning Outcomes**

After completion of the physical activity graduation requirement, students shall be able to:

• Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.
• Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.
• Identify and/or explain the benefits of physical activity as related to physical and mental health.

**Text/Readings**

No textbook required

Recommended reading:
  • *Fundamentals of Judo* by Yosh Uchida
  • *Step onto the Mat* by Kevin Asano
  • *Championship Judo* by Mike Swain

**Course Notes**

• Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. Turn cell phone off and put away for the duration of the class. Interactions with classmates and the instructor are expected to be respectful at all times.
• Students are required to come to class with a clean uniform. If a student comes to class with a dirty uniform, he/she will be sent home and will not receive credit for that day.
• Recording class: Instruction may be recorded with instructor’s consent. If classmates ask you to record their performance for later review, make sure it is done before or after class rather than during class. Do not post or otherwise share the recording.
• Intellectual property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor’s intellectual property and cannot be shared or uploaded in any form publicly without the instructor’s approval.
• If you have pre-existing medical or physical problems, you should consult your physician before participating in this class and alert the instructor to any required limitations.
• Report any accidents to the instructor immediately.
• Places to practice: Students should only practice skills in class.
• Course grades will be posted on Canvas by the end of finals week.
• Students may make up the midterm and final if arrangements are made before the exam date.
• Written Exam cannot be made up.
• Drop requests will not be accepted after the SJSU drop deadline.
• Outings/assignments completed for another class cannot be counted for this course.

Course Requirements, Assignments, and Grading
Tests: Two skills tests (Midterm & Final), Two quizzes, One Written Final Exam
• Skills Test information/explanation here: Students should be able to perform the techniques taught in class
• Written Exam/Quizzes information/explanation here: Basic history and rules of judo

Participation: Students are expected to show up to class on time and ready to begin. Students are expected to participate in every part of class (including warm up).

Assignments/Projects: write a one-page description (choose one)
• Attend a local judo tournament
• Attend a San Jose State practice

Grading

Grading Plan
30% Skills Test 1 (Midterm)
30% Skills Test 2 (Final)
20% Written Exam
10% Quizzes
5% Assignment
5% Participation

Grading Scale used to determine final course grade.

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Equivalent Grade</th>
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<tbody>
<tr>
<td>97% - 100%</td>
<td>A+</td>
</tr>
<tr>
<td>93% - 96%</td>
<td>A</td>
</tr>
<tr>
<td>90% - 92%</td>
<td>A-</td>
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<tr>
<td>87% - 89%</td>
<td>B+</td>
</tr>
<tr>
<td>83% - 86%</td>
<td>B</td>
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<td>Percentage</td>
<td>Equivalent Grade</td>
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<td>80% - 82%</td>
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<tr>
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<td>D</td>
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<tr>
<td>60% - 62%</td>
<td>D-</td>
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<tr>
<td>below 60%</td>
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**Extra Credit:** Attend a judo class at Chuck Jefferson’s Judo Club and write a description of what you did. (worth one quiz, 2 points)

**University Policies**
Information pertaining to university programs and policies designed to facilitate student success can be found here:

http://www.sjsu.edu/gup/syllabusinfo/

**Course Calendar (subject to change with fair notice by announcement in class and/or by email)**
See next page
<table>
<thead>
<tr>
<th>Week</th>
<th>Course Content (Assignments, Exams/Quizzes, ...)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 – 8/24</td>
<td>First Day</td>
</tr>
</tbody>
</table>
| 2 – 8/29 | Ukemi (Falling Techniques)  
| 8/31 | Ukemi review, Kesa Gatame (scarf hold) |
| 3 – 9/5 | NO CLASS – LABOR DAY  
| 9/7 | Kesa Gatame review, Kesa Gatame escapes |
| 4 – 9/12 | Osoto Gari (major outer reap)  
| 9/14 | Yoko Shiho Gatame (side four corners hold) |
| 5 – 9/19 | Osoto Gari review  
| 9/21 | Yoko Shiho Gatame review, Yoko Shiho Gatame escapes |
| 6 – 9/26 | Ouchi Gari (major inner reap)  
| 9/28 | Turnovers |
| 7 – 10/3 | Ouchi Gari Review  
| 10/5 | Review newaza (ground techniques) |
| 8 – 10/10 | Review tachi waza (standing techniques)  
| 10/12 | Midterm |
| 9 – 10/17 | Ippon Seoi Nage (one arm shoulder throw)  
| 10/19 | Kami Shiho Gatame (top four corners hold) |
| 10 – 10/24 | Ippon Seoi Nage review  
| 10/26 | Kami Shiho Gatame review, Kami Shiho Gatame escapes |
| 11 – 10/31 | Tai Otoshi (body drop)  
| 11/2 | Kata Gatame (shoulder hold) |
| 12 – 11/7 | Tai Otoshi review  
| 11/9 | Kata Gatame review, Kata Gatame escapes |
| 13 – 11/14 | Kouchi Gari (minor inner reap)  
| 11/16 | Guard passing |
| 14 – 11/21 | Kouchi Gari review  
| 11/23 | NO CLASS |
| 15 – 11/28 | Review tachi waza  
| 11/30 | Review newaza |
| 16 – 12/5 | Final  
| 12/7 | Written Final |
| 17 – 12/12 | Last Day - Assignment due, Extra Credit due |