

San José State University
Kinesiology
Fall 2018 - KIN 52A, Beginning Judo, Section-2

Instructor:	David Williams
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Office Hours:	TR 8:00am-8:30am in YUH 208 or Spx 170 – by appointment
Class Days/Time:	TR 9:30-10:20am YUH 208
Prerequisites:	None

Course Description

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

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,

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- Knowledge of fundamental skills, technique, related to 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*
- An understanding of the mental and physical health benefits to be derived from *the Sport of 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, agility, and competition.

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/media:

- 101 Judo Ippons – in the IRC or online
- **Recommended but not mandatory reading and actions:**
 - My Video/DVD's that can be found for those interested on Youtube.com
 - Vital Judo – Isao Okano;
 - Fundamentals of Judo – Yosh Uchida

Course Requirements and Grading:

- A. **Active** and **consistent** class participation (i.e. working out is required) is essential to fulfilling these course objectives. For safety reasons, we will progress only as the entire class is ready to progress, therefore attendance is essential.
- B. Observations/Written summaries - Write a summary of what you observed and your opinions of each activity. Did you like it, hate it, could care less, etc.?
 1. Students must attend a local competition. You must submit a written observation of this activity as described on the first day.
 2. Video viewing and written observations will also be assigned during the term: the video is “101 judo ippons – Can be found on youtube (42min)
- C. Handouts (you will be responsible for all information on the handouts given).
- D. Collegiate promotional and team tournament and workouts are optional and can be (extremely fun).

Optional activity and does not impact grading

Joining USA Judo \$75 – <http://www.usjudo.org/membership.asp>

This membership is important for potential competitions, promotions, and additional insurance.

Belt - \$15 - Certificate - \$15

Classroom Protocol

- a. Active participation in all class activities, including lectures, practice, discussion, quizzes, written examinations, skill test, and tournament, and assignment, etc..
- b. Attending classes in a timely manner.
- c. Judo uniforms provided by the dept. or an approved by the instructor substitute is mandatory.
- d. Cooperation and mature behavior are expected in the class.
- e. At least 5 minutes warm-up period is required before any skill practice.
- f. Department's gi's are available, while students may bring their own gis. It is everybody's responsibility to take care of the equipment you are assigned and return them when the class is over.
- g. All students are expected to be respectful of all others in the class, and must change clothing in locker rooms or rest rooms. **NO CHANGING IN GYM.**
- h. The last class meet will be the last day of the class before the "DEAD DAY" for the semester. All tests and exams will be conducted before the Dead Day. This class (and all activity classes) will not follow the university testing schedule.

Assignments and Grading Policy

- a. Mid Term skill test.....25%
 - evaluated by subjective and objective observation
 - no make-up for missing tests except in extreme cases
 - * Mid term will be held after the first of the basic ground moves
 - * Extra Credit assignments are available and will be explained later in the term
- b. Practical Final Skill Test.....25%
 - based on the practice and lectures
 - no make-up for missing tests except in extreme cases, but you must make arrangements
- c. Class Assignments and pop skills tests30%
- d. Written final.....20%
 - based on the textbook and lectures
 - no make-up for missing tests except in extreme cases, but you must make arrangements

e. Grading:

Percentage	Equivalent Grade
97% - 100%	A+
93% - 96%	A
90% - 92%	A-
87% - 89%	B+
83% - 86%	B
80% - 82%	B-
77% - 79%	C+
73% - 76%	C
70% - 72%	C-
67% - 69%	D+
63% - 66%	D
60% - 62%	D-
below 60%	F

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 email)

Table 1 Course Schedule

Week	Date	Topics, Readings, Assignments, Deadlines
1	8/21 8/23	Green-sheet, policy sheet, manners Warm-up, counting to 10 in Japanese, about the gi, position exercises
2	8/28 8/30	Continued exercise – Slapping, Pulls, Switches Continued exercise – Ebi, reverse ebi, pin #1– last day to drop 31 st
3	9/4 9/6	Continued exercise – Ebi, reverse ebi, pin #1 pin #1 and modification
4	9/11 9/13	Continued exercise – pin #2 and modification Continued exercise – pin #3 and modification – last day to add
5	9/18 9/20	Continued exercise – pin #4 and modification Continued exercise – Ukemi, circle of pins, beginning of chokes
6	9/25 9/27	Continued exercise – Turnovers, guard and guard passes Continued exercise – practice matches
7	10/2 10/4	Continued exercise – Practice matches and study day Practical mid-term
8	10/9 10/11	Standing positioning (rectangle drill), gripping, throw #1 Continued exercise – Throw #2
9	10/16 10/18	Continued exercise – Throw #3 and #4 Continued exercise – Throw #5 and #6
10	10/22 10/24	Continued exercise – Throwing drills Continued exercise – Match rules and scoring - matches
11	10/29 10/31	Continued exercise – Throwing drills – Matches Continued exercise – Throwing drills – Matches
12	11/5 11/7	Continued exercise – Throwing drills with transitions and matches Continued exercise – Throwing drills - Matches
13	11/12 11/14	Continued exercise – Throwing drills - Matches Continued – Throwing drills – Matches
14	11/19 11/22	Continued – Throwing drills – Matches Thanksgiving
15	11/26 11/28	Continued exercise – Prepare for final Continued exercise – Prepare for final
16	12/3 12/5	Practical Final Final written exam

