

San José State University
Kinesiology
Fall 2016, KIN 52B, Intermediate Judo, Section-1,

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Office Hours: TR 8:30am-9:00am in YUH 208 or SpX 170 – by appointment
Class Days/Time: TR - 11:30 – 12:20 pm YUH 208
Prerequisites: None

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

Course Description

Judo is a challenging martial art based on the philosophy of using maximum efficiency and minimum effort. This course is designed to teach the fundamental skills and techniques to the student as a recreational activity and/or on a competitive basis. : <http://info.sjsu.edu/web-dbgen/catalog/departments/KIN-courses.html>

Course Goals and Student Learning Objectives

It is hoped that by the end of the course that the student may consider the possibility of moving on to the intermediate, advanced and varsity levels of Judo training here at San Jose State University.

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

- 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 at the IRC.
- C. Handouts (you will be responsible for all information on the handouts given).
- D. Collegiate promotional and team tournament 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. 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.

Dropping and Adding

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester’s [Catalog Policies](http://info.sjsu.edu/static/catalog/policies.html) section at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the [current academic calendar](http://www.sjsu.edu/academic_programs/calendars/academic_calendar/) web page located at http://www.sjsu.edu/academic_programs/calendars/academic_calendar/. The [Late Drop Policy](http://www.sjsu.edu/aars/policies/latedrops/policy/) is available at <http://www.sjsu.edu/aars/policies/latedrops/policy/>. Students should be aware of the current deadlines and penalties for dropping classes.

Information about the latest changes and news is available at the [Advising Hub](http://www.sjsu.edu/advising/) at <http://www.sjsu.edu/advising/>.

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	8/24 8/29	Green-sheet, policy sheet, manners – warm up & cardio Training Warm-up, cardio training, throws revisited from 52A
2	8/31 9/5	Warm-up, body weight training, throws revisited from 52A, Continued exercise – Newaza regroup from 52A
3	9/7 9/12	Continued exercise – Newaza regroup from 52A Continued exercise – Newaza – Arm bar drill series, Choke series drill
4	9/14 9/19	Continued exercise – Guard Review and Guard Attack Continued exercise – Throw transition to guard attack and defense
5	9/21 9/26	Continued exercise – New throw #1 and #2 Continued exercise – New throw #3 and #4
6	9/28 10/3	Continued exercise – Newaza drills and randori Continued exercise – tachiwaza drills and randori
7	10/5 10/10	Continued exercise – Newaza drills and randori Continued exercise – tachiwaza Combination drills and randori
8	10/12 10/17	Practical mid-term Continued exercise – Gripping patterns
9	10/19 10/24	Continued exercise – Newaza combination and randori Continued exercise – Tachiwaza combinations and randori
10	10/26 10/31	Continued exercise – Newaza combination and randori Continued exercise – Tachiwaza combinations and randori
11	11/2 11/7	Continued exercise – Advanced newaza transitions Continued exercise – Advanced newaza transitions
12	11/9 11/14	Continued exercise – Newaza drills and randori Continued exercise – tachiwaza drills and randori
13	11/16 11/21	Continued exercise – Newaza drills and randori Continued exercise – tachiwaza drills and randori
14	11/23 11/28	Continued exercise – Newaza drills and randori Thanksgiving – No class
15	11/30 12/5	Continued exercise – Throwing drills with matches Practical Final Exam
16	12/7	Final written exam