JUDO CLASS SYLLABUS

DEPT.: Physical Education
COURSE: PHYE 122
TITLE: JUDO
SEMESTER: Summer 2007
SEMESTER HOURS: 32
INSTRUCTOR: Bryan Matsuoka, Evergreen C78
PHONE: 732.6451 Office
E-MAIL: bmatsuoka@csi.edu
CLASS LOCATION: CSI Student Rec. Center: Rm. 304

COURSE DESCRIPTION:
Each student will learn the basic techniques:
* Ukemi -- falling techniques (3)
* Tachi-Waza -- throwing techniques (6)
• Ne-Waza -- mat techniques (3)

Each student will also learn basic terminology, philosophy, and the physical fitness training involved in the Olympic sport of judo.

COURSE GOALS:
The primary goal of this class is to expose each student to the lifetime sport of judo and its traditions. Judo, by design, is to make the world a better place to live.

COURSE OBJECTIVES:
As an introductory level class that teaches a life-long sport or art, techniques will be introduced to the students. Objectives and assessment will be based on demonstrating a basic understanding of a technique. Upon completion of this class the student will:
• Be able to correctly demonstrate an understanding of three (3) different types of falling techniques
• Be able to correctly demonstrate an understanding of six (6) throwing techniques covered in class.
• Be able to correctly demonstrate an understanding of three (3) mat techniques covered in class.
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- Be able to successfully pass a written and practical exam on the generalities and terminology introduced regarding the sport of judo.

OUTCOMES

- Students will demonstrate to the class and instructor on an on-going basis an understanding of techniques during class through practical application.
- Students will be grouped in three people with two demonstrating and the third critiquing the technique.
- Written and oral reviews of topics will be performed to check for understanding.
- Students will be observed doing ukemi and evaluated on an on-going basis while performing independently.
- Students will be observed executing tachi-waza and ne-waza and evaluated on an on-going basis while performing with another student.
- Areas that require teaching again will be done in a different manner to be more effectively communicated to the student; teacher observation will occur after the re-teaching to check for understanding.

GRADING SYSTEM: This is a letter grade class.

<table>
<thead>
<tr>
<th>Attendance, Participation, Attitude</th>
<th>50% of your grade</th>
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<tbody>
<tr>
<td>Practical Exam</td>
<td>25% of your grade</td>
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<tr>
<td>Written Exam</td>
<td>25% of your grade</td>
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Note: Extra credit can be obtained by attending a judo tournament or clinic either as a spectator, staff, or competitor. Tournaments and clinics are usually on Saturday or Sunday. Attending a tournament will make up for 2 missed classes. Reports on readings from approved texts or sites via the internet. Each report is equivalent to ½ of a missed class.

Physical performance is not a criterion for evaluation. However, growth in physical ability and a demonstration of knowledge for the sport are evaluation criteria for the instructors and the students.
ONLINE COURSE EVALUATION STATEMENT

Students are strongly encouraged to complete evaluations at the end of the course. Evaluations are very important to assist the teaching staff to continually improve the course. Evaluations are available online at http://evaluation.csi.edu. Evaluations open up two weeks prior to the end of the course. The last day to complete an evaluation is the last day of the course. During the time the evaluations are open, students can complete the course evaluations at their convenience from any computer with Internet access, including in the open lab in the Library and in the SUB. When students log in, they should see the evaluations for the courses in which they are enrolled. Evaluations are anonymous. Filling out the evaluation should only take a few minutes. Your honest feedback is greatly appreciated!

APPROPRIATE INTERACTION

Students will conduct themselves appropriately at all times. Appropriate is defined as acceptable from the CSI administration, students, and faculty. Any behavior deemed inappropriate will not be tolerated. Language and bodily contact will be appropriate for the judo class. Inappropriate behavior will be grounds for review for removal from the judo class. A report will be filed with the CSI administration.

Positive interaction has been the norm for the class and the expectations are it will continue to be a fun learning experience for all.

INTERCLUB

A recommended, but optional judo gi can be rented for $20. A receipt is provided by the Student Activity Center located in the Taylor Building across from the bookstore. Your instructor will then issue you a gi for the semester. Proceeds go
to the CSI Judo Interclub. The club money is used for the judo gi inventory, judo mats, travel to tournaments, and social events as funds allow.

As a student in the judo class, you are a member of the CSI Judo Club. Interclubs provide community service and leadership from the student body of CSI. We will elect a President, Vice-President, and Secretary to serve in those positions and attend the Interclub meetings. The Student Services Department will post meeting schedules, which are usually, two per month.

The judo philosophy of making the world a better place to live is key to the Interclub concept. The spring semester brings the TF/CSI Judo Championships and several fund raisers; all activities in which we participate. These activities show good will to our community and provide a positive impact.

As a part of the student’s grade, specifically participation and attendance, students are required to participate in Interclub activities in preparation of events, serving as an officer, and/or working at the event.

**FACILITIES**

The judo dojo historically has been a place of study and is revered as a place of solitude. An atmosphere of study and learning is calm, clean, and productive.

The CSI judo class takes the traditions of the judo dojo and puts them into a classroom. When the judo mats are in place, we will regard it as our dojo.

We will participate in creating this environment through behavior and respect.

1. We will clean the judo mats or tatami before and after every practice.
2. As a part of the tradition, we will bow to the mat when entering the dojo.
3. We will bow when getting onto the mat.
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4. When off the mat, feet will be kept clean by using footwear.
5. When on the mat, bare feet are appropriate, with health safety exceptions.
6. We will keep ourselves and the dojo clean and safe

These are behaviors consistent with the sport of judo around the world. Other traditions will be taught during the class in the interest of learning judo.

As judo students, you have purchased access to the locker rooms and towel use. Locks and towels can be picked up at the SRC main office.

If you missed class, please contact your instructor to confirm the location of the next class session. At times we may meet at a different location. You are responsible to get the missed material from other students in class.

DISABILITY STATEMENT

Any student with a documented disability may be eligible for related accommodations. To determine eligibility and secure services, students should contact the coordinator of Disability Services at their first opportunity after registration for a class. Student Disability Services is located on the second floor of the Taylor Building on the Twin Falls Campus. (208)732-6260 (voice) or (208) 734-9929 (TTY) or e-mail aflannery@csi.edu.

SUPPLEMENTAL MATERIALS

Recommended Reading –
JUDO CLASS SYLLABUS

Matsumoto, David, Supervised by The Kodokan Judo Institute, Hon-No-Tomosha
Tokoyo, Japan (1996). *An Introduction to Kodokan Judo History and Philosophy.*

For an overview of judo –
http://www.csi.edu/StuAct/Clubs/sports/judo/Frameset.htm
http://www.usjf.com/
http://www.big-planet.org/Judo.html
http://www.judoinfo.com/

Information on Judo and the Olympics:
http://www.nbcolympics.com/?/stacks/ju/index_stacks_ju.html

United States Judo Federation:
http://www.usjf.com/

International Judo Federation:
http://www.ijf.org/htmls/main.html

Kodokan Judo Institute:
http://www.kodokan.org/
*Illustrated Kodokan Judo*. Tokyo, Japan: Kodansha