

**COURSE DATA****Data Subject**

Code	33234
Name	Specific applications for judo training
Cycle	Grade
ECTS Credits	6.0
Academic year	2019 - 2020

Study (s)

Degree	Center	Acad. year	Period
1312 - Degree in Physical Activity and Sport Sciences	Faculty of Physical Education and Sport Sciences	4	First term

Subject-matter

Degree	Subject-matter	Character
1312 - Degree in Physical Activity and Sport Sciences	32 - Applications for judo training	Optional

SUMMARY

"Specific Application training: Judo" is an optional subject and quarterly basis, located in the first quarter of 4th year of the Degree in Sciences of Physical Activity and Sport. 6 ECTS credits, their teaching load is distributed between 1.5 theoretical credits and 4.5 practical, with two weekly sessions of two hours each. A first meeting of a mixed nature, can teach the theory and link with practice. A second session, split into 2 subgroups, clearly delves into the more practical aspects. Hence 6 hours weekly reflected in the POD.

Framed both within the classification Combat Sports Fight or, as the Adversary sports, Judo is a modality with enormous possibilities for teaching and training future graduates. As a combat sport is characterized, among others, a great educational and motive wealth. As sport adversary, these potentials are exponentially multiplied by its rich tactical dimension. If we add other factors such as its high conditional requirements, the express recommendation of their practice at an early age, or the possibility of adapting simply to populations with special needs, we find a sport whose teaching and training can yield big benefits our students, both in terms of personal growth and in terms of future work tool, with flattering or extrapolated to other content elements. Finally, stands as its Olympic weight factor character, a sporty roots in our country, and above all, the existence of large schools and developed champions in Valencia. The course syllabus is presented following a grouping criteria depending on the contents, which has resulted in the distribution of the program in two large thematic units forming each a coherent structure, which will facilitate the student progressive introduction in the world of sport Judo and more specifically in the scope of the technical, tactical and conditional training.



PREVIOUS KNOWLEDGE

Relationship to other subjects of the same degree

There are no specified enrollment restrictions with other subjects of the curriculum.

Other requirements

The subject "Specific application to training: Judo" is linked with the subject "Judo" (33214) taught in the third year level. Therefore, it is considered a compulsory requirement to have their 6 credits previously passed. Only in exceptional cases, teachers can accept that some students can register in this Judo fourth course subject without having passed the third.

OUTCOMES

1312 - Degree in Physical Activity and Sport Sciences

- Conocer las características básicas de los deportes de lucha.
- Conocer el perfil fisiológico de los deportes de lucha y su aplicación al entrenamiento.
- Conocer y aplicar los sistemas de entrenamiento específico de los deportes de lucha/judo.
- Ser capaz de planificar, desarrollar y evaluar el proceso de entrenamiento de habilidades motrices en sus distintos niveles y entornos de práctica.
- Aplicar los principios fisiológicos, biomecánicos, comportamentales y sociales, a los diferentes campos de la actividad física y el deporte.
- Aplicar los principios del entrenamiento a los deportes de lucha.
- Aplicar las tecnologías de la información y comunicación (TIC) al ámbito del entrenamiento deportivo.
- Know the use and suitability of health products linked to nursing care, paying special attention to differences according to age and gender.
- Know and understand the fundamentals of physical fitness for physical activity and sport.
- Apply the principles of fundamental rights, gender equality, equal opportunities, universal accessibility for people with disabilities, solidarity, environmental protection, the culture of peace and democratic values.
- Design, implement and evaluate the teaching-learning processes related to physical activity and sport, paying attention to the individual, collective and contextual characteristics of people.
- Promote and evaluate the acquisition of enduring and autonomous habits of practising physical activity and sport.
- Plan, implement and evaluate physical activity and sports programmes targeted at special populations.



- Select and know how to use sports material and equipment, suitable for each type of activity and population.
- Apply information and communication technologies (ICTs) in the field of physical activity and sport sciences.
- Develop leadership, interpersonal and teamwork skills.
- Develop habits of professional excellence and quality.
- Know the basic characteristics of wrestling sports.
- Know the physiological profile of wrestling sports and its application to training.
- Know and apply the training systems specific to wrestling sports / judo.
- Design, implement and evaluate the motor skills training process at its different levels and practice environments.
- Apply physiological, biomechanical, behavioural and social principles to the different fields of physical activity and sport.
- Apply the principles of training to wrestling sports.
- Apply information and communication technologies (ICT) to the field of sports training.

LEARNING OUTCOMES

- **To apply safely and effectively the various techniques of judo up to the grade officially delimited as Black Belt 1st Dan.**
- **Plan, implement and evaluate proposals for teaching, learning and training in relation to their effects and objectives.**
- **Dealing with other partners in a safe and fun atmosphere.**
- **Organize and implement educational proposals oriented to adapted and inclusive competition.**
- **Develop self-learning mechanisms to continue their education.**
- **Initiate investigations in the field of education and training of Judo in a safe, creative and effective way.**

DESCRIPTION OF CONTENTS

1. Technical and tactical contents in Judo

Unit 1. Classification of Techniques. Judo program.

Unit 2. Legal Judo: Attacks, Combinations, Continuation techniques and Counter-attacks.

Unit 3. Judo Ground.

Unit 4. Te-Waza (hand, arm and shoulder techniques).

Unit 5. Koshi-waza (hip techniques).

Unit 6. Ashi-waza (standing and leg techniques).

Unit 7. Sutemi yoko-waza (sacrifice on the side techniques).

Unit 8. The structure of Judo.

Unit 9. Judo. Its Competitive Rules.



Unit 10. Kata: Fundamental principles. Forms.

2. Judoka training and performance assessment.

Unit 1. Performance analysis in Judo Competition.

Unit 2. Judoka conditional profile.

Unit 3. Psychological and informational profile of Judoka.

Unit 4. Methodological considerations and objectives of training in judo.

Unit 5. The Randori. The Shiai. Competition.

Unit 6. Proposals for training, evaluation and control of Judoka in the neuromuscular aspect.

Unit 7. Proposals for training, evaluation and control of the Judoka in the bioenergetic aspect.

Unit 8. Comprehensive proposals for evaluation and control in Judo.

Unit 9. Introduction to planning and periodization of training in Judo.

Unit 10. Introduction to research in Judo.

WORKLOAD

ACTIVITY	Hours	% To be attended
Theory classes	30,00	100
Classroom practices	30,00	100
Attendance at events and external activities	20,00	0
Development of group work	15,00	0
TOTAL	95,00	

TEACHING METHODOLOGY

The development of the subject is structured through two theoretical and practical sessions per week, two hours each.

In the first session of the week, usually more oriented to the concepts and understanding of the theories underpinning practice and proposals for further training, it will be combined the use of power point projector, whiteboard, video or other, along with the inclusion of comprehensive practice of the sport itself, this last when the tasks are required. In the remainder sessions, teachers will start presenting the theoretical contents underpinning practical implementation and showing some technical and tactical skills. Then they set the activities to be performed, and students, either in pairs or in small groups, practice the exercises and progressions proposed to facilitate the learning of techniques. Comprehensive experiences are key factors in this sport. Finally, we'll try to establish a forum for open dialogue between teacher and students, and among students themselves on the activities and objectives of the session.

In addition to these strategies linked to the development of classes, there will also be proposed complementary tasks as individual work and private study to achieve mastery of the course content, readings of supplementary material, group work, attendance at events and external activities, and tutorials on a particular student learning.



EVALUATION

The rating is an academic requirement. With this we guarantee the continuous assessment throughout the course, in a rating that reflects the level of the student learning at the end of the teaching process.

The approach to the subject requires a minimum of 80% compulsory attendance, which does not imply that the level of technical execution is considered a key element for purposes of evaluation. However, given that a master's degree is obtained, students must have a minimum practical resource that allow them to experience and convey the effects of the teaching-learning process.

Our proposal, adapted to the smaller number of students who are in our group, is based on a comprehensive model, where we try to assess not only the acquisition of concepts, but also the procedural skills collected, and attitudes developed in this area.

The formative evaluation model consists of the following sections:

- A. - 50% - Mark on continuous assessment, where the knowledge of practical application and the level of implementation achieved will be assessed.
- B. - 40% - Theoretical examination of the subject, designed with questions of practical application.
- C. - 10% - Work of documentation, research and training project from the subject.

Attendance and active participation in practical classes is compulsory. The lack of assistance to over 20% of classes does not allow the access to both exams, the ordinary and the extraordinary, in order to pass the student must complete the course.

Students are reminded that the literal copying of all or part of other works will be an unacceptable behaviour in the academic ambit. On the other hand, and because of the Intellectual Property Law, total or partial reproductions of works of others are usually prohibited, and it may cause criminal offenses.

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Basic

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ADDENDUM COVID-19

This addendum will only be activated if the health situation requires so and with the prior agreement of the Governing Council



English version is not available

