

Department	International College of Liberal Arts		
Semester	Spring 2023	Year Offered (Odd/Even/Every Year)	Every Year
Course Number	SPRT/JPNA182		
Course Title	Health & Physical Education 1 (Judo)		
Prerequisites	None		
Course Instructor	西田 孝宏	Year Available (Grade Level)	1
Subject Area	Health & Physical Education	Number of Credits	1
Class Style	Workshop	Class Methods	Face to face

(NOTE 1) Class Methods are subject to change

(NOTE 2) Depending on the class size and the capacity of the facility, we may not be able to accommodate all students who wish to register for the course"

Course Description	This course will mainly cover the basic movements (movement, balance breaking) and break-fall techniques. Furthermore, through safe and effective training, students will learn the various Judo techniques considering their physical strength and their ability of Judo. Class will be conducted in ways that are attractive to the students.
Class plan based on course evaluation from previous academic year	For every semester, this course will be evaluated and reflect upon student course evaluation and feedback.
Course related to the instructor's practical experience (Summary of experience)	None
Learning Goals	This course aims to develop foundation techniques and practical abilities. Whilst experiencing the difficulties of Budo and as well as through fun experiences, students will aim to actively put into practice how physical motion affects our mind and body. Furthermore, students will aim to gain Shodan by the end of the course. By the end of the course, students should be able to view the world from various perspectives, leading to inter-cultural understanding and open-mindedness toward other cultures.

iCLA Diploma Policy	DP2
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iCLA Diploma Policy

(DP1) To Value Knowledge – Having high oral and written communication skills to be able to both comprehend and transfer knowledge

(DP2) To Be Able to Adapt to a Changing World – Having critical, creative, problem-solving, intercultural skills, global and independent mindset to adopt to a changing world

(DP3) To Believe in Collaboration – Having a disposition to work effectively and inclusively in teams

(DP4) To Act from a Sense of Personal and Social Responsibility – Having good ethical and moral values to make positive impacts in the world

Active Learning Methods	Workshops
Use of ICT in Class	None

Use of ICT outside Class	For inquiries, email to nishida@ygu.ac.jp
Expected study hours outside class	All students in the class should spend approximately 60 minutes after each class to review what was covered in the class.
Feedback Methods	Provide feedback with demonstration in class.

Grading Criteria		
Grading Methods	Grading Weights	Grading Content
Class participation	70%	
Practical Exam	30%	

Required Textbook(s)	The required materials will be provided when suitable.
Other Reading Materials/URL	None
Plagiarism Policy	Plagiarism is the dishonest presentation of the work of others as if it were one's own. Duplicate submission is also treated as plagiarism. Depending on nature of plagiarism you may fail the assignment or the course. Repeated act of plagiarism will be reported to the University which may apply additional penalties.
Other Additional Notes	<p>Message to students</p> <p>Learn martial arts (judo) born in Japan and gain the manners. I am looking forward to doing judo with you.</p> <p>For inquiries, email to nishida@ygu.ac.jp</p> <p>In case the class is canceled due to COVID-19, the class will become an online lecture, set a make-up class at a later date, or the students will receive a report assignment.</p>

(NOTE 3) Class schedule is subject to change

Class Schedule	
Class Number	Content
Class 1	Orientation
Class 2	Distribution of Judo-gi Learn how to wear the Judo-gi
Class 3	Etiquette (Ritsurei- standing bow; Zarei- seated bow) Lecture: History of Judo 1
Class 4	Lecture: History of Judo 2 Aims and methods of ukemi (break-fall)
Class 5	Ushiro ukemi- backwards break-fall (ground, sitting and standing position)
Class 6	Ushiro ukemi- backwards break-fall (while moving)
Class 7	Yoko ukemi- side break-fall (ground, sitting and standing position)
Class 8	Mae mawari ukemi- forward rolling break-fall (one knee, standing position)
Class 9	Gripping techniques
Class 10	Balance breaking techniques
Class 11	Walking techniques (alone)
Class 12	Walking techniques (with a partner)
Class 13	Harai tsuri komi ashi- supporting foot lift-pull throw (throw, be thrown)
Class 14	Kouchi gari- small inner reap (throw, be thrown)
Class 15	O uchi gari- large inner reap (throw, be thrown)

Class 16	Ashi barai- foot sweep (throw, be thrown)
Class 17	U soto gari- large outer reap (throw, be thrown) Practical exam (throwing techniques, grappling techniques)
Class 18	U goshi- large hip throw (throw, be thrown)
Class 19	Harai goshi- hip sweep (throw, be thrown)
Class 20	Tsurikomi goshi- lift pull hip throw (throw, be thrown) Practical exam (throwing techniques, grappling techniques)