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| Department        | International College of Liberal Arts             |                                       |              |
| Semester          | Fall 2023   | Year Offered<br>(Odd/Even/Every Year) | Every Year   |
| Course Number     | SPRT/JPNA282                                      |                                       |              |
| Course Title      | Health & Physical Education 2 (Judo)              |                                       |              |
| Prerequisites     | SPRT/JPNA182 Health & Physical Education 1 (Judo) |                                       |              |
| 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"

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| Course Description  | Cap (registrant capacity): minimum 2 - maximum 20 students<br>This course is based on the basic movements and break-fall techniques. Students will aim to freely use throwing, grappling and combination of several techniques against the partner. Additionally, students will aim to do freestyle sparring with various types of people (individual differences, difference in physique, gender differences etc.)   |
| 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.<br><br>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. |

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| 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

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| Active Learning Methods | Workshops |
| Use of ICT in Class     | None      |

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| Use of ICT outside Class           | For inquiries, email to nishida@ygu.ac.jp   |
| Expected study hours outside class | As preparatory study and preparation, you should exercise regularly. All students in the class should spend approximately 60 minutes after each class reviewing the materials covered and preparing for the next class. |
| Feedback Methods                   | Provide feedback with demonstration in class.   |

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

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| Required Textbook(s)        | No textbook required. Other 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        | Revision from spring semester (break-fall)  |
| Class 2        | Revision from spring semester (throwing techniques)   |
| Class 3        | Seoi nage- shoulder throw (throw, be thrown)  |
| Class 4        | Ippon seoi nage- one armed shoulder throw (throw, be thrown)  |
| Class 5        | Tai otoshi- body drop (throw, be thrown)  |
| Class 6        | Hiza guruma- knee wheel (throw, be thrown)  |
| Class 7        | Osae komi waza- hold down techniques (kesa gatame- scarf hold; kata gatame- shoulder hold)  |
| Class 8        | Osae komi waza- hold down techniques (kami shiho gatame- top four corner hold; kuzure kami suiho gatame- modified top four-corner hold) |

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| Class 9  | Osae komi waza- hold down techniques (yoko shiho gatame- side four-corner hold; tate shiho gatame- straight four-corner hold) |
| Class 10 | Shimewaza- strangling techniques  |
| Class 11 | Kansetsu waza- joint locks  |
| Class 12 | How to be released and use defense techniques in osae komi waza- hold down techniques   |
| Class 13 | Katame waza no randori- Free sparring using grappling techniques  |
| Class 14 | Nage waza no renraku waza- Combination of throwing techniques   |
| Class 15 | Transition from throwing techniques to grappling techniques   |
| Class 16 | Free sparring using throwing techniques   |

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| Class 17 | Katame waza no randori- Free sparring using grappling techniques  |
| Class 18 | Nage waza no renraku waza- Combination of throwing techniques   |
| Class 19 | Katame waza no randori- Free sparring using grappling techniques  |
| Class 20 | Nage waza no renraku waza- Combination of throwing techniques<br>Practical exam (throwing techniques, grappling techniques) |