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|-------------------|---------------------------------------|---------------------------------------|------------|
| Department        | International College of Liberal Arts |                                       |            |
| Semester          | Spring 2024                           | Year Offered<br>(Odd/Even/Every Year) | Every Year |
| Course Number     | SPRT/JPNA182                          |                                       |            |
| Course Title      | Health & Physical Education 1 (Judo)  |                                       |            |
| Prerequisites     | None                                  |                                       |            |
| Course Instructor | NISHIDA Takahiro                      | Year Available (Grade Level)          | 1          |
| Subject Area      | Health & Physical Education           | Number of Credits                     | 1          |
| Class Style       | Workshop                              | Language of instruction               | English    |

(NOTE 1) 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  | 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.  |

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| Course related to the instructor's practical experience (Summary of experience) | None   |
| Learning Goals  | <p>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.</p> <p>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.</p> |

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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  | Group Work |
| More details/supplemental information on Active Learning Methods | N/A        |
| Use of ICT   | N/A        |

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| Contents of class preparation and review | Students should check the contents of the next class and review the previous week's lessons | Hours expected to be spent preparing for class (hours per week) | 2 hours | Hours expected to be spent on class review (hours per week) | 2 hours |
| Feedback Methods                         | Provide feedback with demonstration in class.   |   |         |   |         |

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

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| 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. |

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| Other Additional Notes<br>(Outline crucial policies and<br>info not mentioned above) | none |
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(NOTE 2) Class schedule is subject to change

| Class Schedule |   |
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| Class Number   | Content   |
| Class 1        | Orientation   |
| Class 2        | Distribution of Judo-gi<br>Learn how to wear the Judo-gi                            |
| Class 3        | Etiquette (Ritsurei- standing bow; Zarei- seated bow)<br>Lecture: History of Judo 1 |
| Class 4        | Lecture: History of Judo 2<br>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)                 |

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| 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 tsuru 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 | O soto gari- large outer reap (throw, be thrown)<br>Practical exam (throwing techniques, grappling techniques) |
| Class 18 | O goshi- large hip throw (throw, be thrown)  |

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| Class 19 | Harai goshi- hip sweep (throw, be thrown)   |
| Class 20 | Tsurikomi goshi- lift pull hip throw (throw, be thrown)<br>Practical exam (throwing techniques, grappling techniques) |