

Department	International College of Liberal Arts		
Semester	Fall 2024	Year Offered (Odd/Even/Every Year)	Every Year
Course Number	SPRT/JPNA282		
Course Title	Health & Physical Education 2 (Judo)		
Prerequisites	SPRT182 Health & Physical Education 1 (Judo)		
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

Course Description	<p>Cap (registrant capacity): minimum 2 – maximum 20 students</p> <p>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.)</p>
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	<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>

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	Others (Specify in the section below)
More details/supplemental information on Active Learning Methods	none
Use of ICT	none

Contents of class preparation and review	none	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%	
Practical Exam	30%	

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 (Outline crucial policies and info not mentioned above)	none
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(NOTE 2) 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 shiho gatame- modified top four-corner hold)
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

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 Practical exam (throwing techniques, grappling techniques)