

Code	10104		
Class name	Judo		
Semester	2nd	Lecture target	2
Unit Classification	Elective	Unit count	1
Charge teacher	JUNYA OFUJI		
Category	Professional education subjects		
Class style	Practice		
Class time	Tue/1		
NO.	Cd22164w		

Professional career-experienced <input checked="" type="checkbox"/> a course taught by a teacher with practical experience On practical contents related to class I had been in charge of judo classes as a teacher in the Department of Health and Physical Education at junior and senior high schools.
Languag <input type="checkbox"/> using languages other than Japanese
Active learning elements <input type="checkbox"/> problem-solving-learning in cooperation with external organizations based on agreements <input checked="" type="checkbox"/> discussion,debate <input checked="" type="checkbox"/> group work <input type="checkbox"/> presentation <input type="checkbox"/> practical training,fieldwork

Class outline,goal
Learn about the basic actions of judo, human skills, matches, and more.
Class plan
1. History of Judo. 2. On the Etiquette of Judo. - "Zarei" and "Ritsurei" - The name of judo wear and how to wear it. 3. Basic Attitudes of Judo. - "Shizentai" "Migishizentai/Hidarishizentai" "Jigotai" "Migijigotai/Hidarijigotai" - 4. Ukemi of Judo. (1) - "Ushiroukemi" and "Yokoukemi" - 5. Ukemi of Judo. (2) - "Maeukemi" and "Maemawariukemi" - 6. Gymnastics and Basic Training Methods in Judo. Descussion,Group work : Students learn how to train in judo and exchange opinions on whether there are movements similar to training in their specialized events.

<p>7. Basic Guidance of Katamewaza. - "Kesagatame" "Yokoshihougatame" "Tateshihougatame" "Kamishihougatame" "Katagatame" -</p> <p>8. Basic Guidance of Katamewaza and appointment practice of Katamewaza.</p> <p>9. Basic Guidance of Nagewaza. (1) - "Ashisabaki" "Kuzushi" "Tsukuri" -</p> <p>10. Basic Guidance of Nagewaza. (2) - "Sasaetsurikomiashi" "Hizaguruma" "Deashibarai" -</p> <p>11. Basic Guidance of Nagewaza. (3) - "Ogoshi" "Haraigoshi" "Seoinage" -</p> <p>12. Basic Guidance of Nagewaza. (4) - "Osotogari" "Kouchigari" "Ouchigari" "Utimate" -</p> <p>13. Practice of Randori in Nagewaza.</p> <p>14. How to play in Katamewaza and Nagewaza. - International Refereeing Regulations "Kodokan Refereeing Regulations" -</p> <p>15. Summary Discussion, Group work : Take this lecture and reconfirm what you need to improve and what to keep in mind when standing in the field of education.</p>
Grading method
Learn about both the spirit of judo and sports through traditional judo martial arts. The goal is to be able to teach judo.
Assigned books
<ul style="list-style-type: none"> • Junior high school curriculum guidelines • Judo instruction text ("C leader" and "B leader" license) • Judo lesson making textbook - For the mandatory junior high school martial arts -
Classroom equipment
Advice on preparation and review
Research and learn about the relevant content in advance. (15min) Review the content of classes and handouts. (15min)
Class rules
Preparation of judo clothes.
Grading Criteria
<p>1) Degree of understanding of judo characteristics, etc. (30%)</p> <p>2) Proficiency in skills. (50%)</p> <p>3) Attitudes in class, etc. (20%)</p>
Feedback method
Respond individually to the knowledge and skills that have become individual issues in the seminar.

Note
This course is taught in Japanese.
Office hour
Wed/4
Improvements from the results of the previous year's class evaluation questionnaire