

ARIZONA WESTERN COLLEGE
SYLLABUS

PER 145 JUDO 1

Credit Hours: 2 Lec 1 Lab 2

PREREQUISITE: None

COURSE DESCRIPTION

Introduction to the basic skills of Judo for use in sport, self- defense and physical conditioning. A selection of Judo techniques, plus Japanese vocabulary will be introduced and practiced weekly along with a review of the previous weeks techniques. Those students who are advanced will perfect additional techniques in greater detail. CR/NC

1. COURSE GOAL

This course prepares the student to develop the physical and mental skills necessary to utilize Judo as a program of physical conditioning, self-defense or competitive Judo.

2. OUTCOMES

Upon satisfactory completion of this course, students will be able to:

- 2.1 physically demonstrate throwing techniques (Nage Waza) and groundwork techniques (Katame Waza) to the instructor at a yellow belt or higher competency level as recognized by the United States Judo Association (USJA).
- 2.2 physically demonstrate a minimum of (20) self-defense techniques to a minimum acceptance level of 70% to the class and instructor.
- 2.3 demonstrate orally or on a written test to the instructor a basic knowledge of Judo history and Japanese terminology/vocabulary to a minimum acceptance level of 70%.
- 2.4 (Optional) receive a nationally certified Judo rank through the United States Judo Association after completion of the course. The student must demonstrate to the instructor the throwing and groundwork techniques to a 70% competency level for yellow belt or higher and join the United States Judo Association.

3. METHODS OF INSTRUCTION

- 3.1 Approximately 80% of the course is physical activity in which the instructor will demonstrate Judo techniques and require the student to practice and perform said techniques
- 3.2 Video tape analysis of Judo and self-defense techniques
- 3.3 From time to time a visiting instructor may attend the class to add to the students understanding of self-defense and Judo
- 3.4 Field trips to other Judo Clubs and or Judo Tournaments

4. LEARNING ACTIVITIES

- 4.1 Demonstration of techniques by the student with correction by the instructor
- 4.2 Written quizzes on Japanese vocabulary and Judo terminology

5. EVALUATION

- 5.1 One mid term evaluation, which will include selected self defense, Judo throwing and groundwork techniques.
- 5.2 One final evaluation to include all self-defense and Judo techniques studied in the course.
- 5.3 Short written quizzes on vocabulary, Judo terms and history
- 5.4 Participation

6. STUDENT RESPONSIBILITIES

- 6.1 Under AWC Policy, students are expected to attend every session of class in which they are enrolled.
- 6.2 If a student is unable to attend the course or must drop the course for any reason, it will be the responsibility of the student to withdraw from the course. Students who are not attending as of the

45th day of the course may be withdrawn by the instructor. If the student does not withdraw from the course and fails to complete the requirements of the course, the student will receive a failing grade.

- 6.3 Americans with Disabilities Act Accommodations: Arizona Western College provides academic accommodations to students with disabilities through AccessABILITY Resource Services (ARS). ARS provides reasonable and appropriate accommodations to students who have documented disabilities. It is the responsibility of the student to make the ARS Coordinator aware of the need for accommodations in the classroom prior to the beginning of the semester. Students should follow up with their instructors once the semester begins. To make an appointment call the ARS front desk at (928) 344-7674 or ARS Coordinator at (928) 344-7629, in the College Community Center (3C) building, next to Advising.
- 6.4 Academic Integrity: Any student participating in acts of academic dishonesty—including, but not limited to, copying the work of other students, using unauthorized “crib notes”, plagiarism, stealing tests, or forging an instructor’s signature—will be subject to the procedures and consequences outlined in AWC’s Student Code of Conduct.
- 6.5 Texts and Notebooks: Students are required to obtain the class materials for the course.
- 6.6 Arizona Western College students are expected to attend every class session in which they are enrolled. To comply with Federal Financial Aid regulations (34 CFR 668.21), Arizona Western College (AWC) has established an Attendance Verification process for “No Show” reporting during the first 10 days of each semester.
- Students who have enrolled but have never attended class may be issued a “No Show” (NS) grade by the professor or instructor and receive a final grade of “NS” on their official academic record. An NS grade may result in a student losing their federal financial aid.
- For online classes, *student attendance in an online class is defined as the following* (FSA Handbook, 2012, 5-90):
- Submitting an academic assignment
 - Taking an exam, an interactive tutorial or computer-assisted instruction
 - Attending a study group that is assigned by the school
 - Participating in an online discussion about academic matters
 - Initiating contact with a faculty member to ask a question about the academic subject studied in the course