

George Mason University
College of Education and Human Development
Physical Activity for Lifetime Wellness

RECR 103 (001) - Judo: Intermediate (1)
1 Credit, Spring 2017
F 12:00pm - 2:00pm / RAC 2002 - Fairfax Campus

Faculty

Name: Michael W. Landstreet
Office hours: As Needed
Office location: TBD
Office phone: 571.216.8992
Email address: mlandstr@gmu.edu

Prerequisites/Corequisites

RECR 102 or Permission of Instructor.

University Catalog Course Description

Emphasizes the execution of proper skills and movements rather than the contact itself.
Incorporates both offensive and defensive movements.

Course Overview

1. Students with injuries or pre-existing conditions that may affect performance must inform the instructor.
2. All communication will be through GMU e-mail.
3. Those with Judo uniforms are encouraged to wear them and are preferred over other attire. Long sweat pants or “Gi” pants are recommended; however, shorts may also be worn. Students may wear a short or long sleeved t- shirt. Layered dress is recommended for a field house environment.
4. Students will NOT wear shoes, tank tops, jeans or “cut offs” of any kind. All jewelry and accessories MUST be removed before class and stored properly.
5. Consistent attendance is necessary to develop minimum acceptable performance.

Each class will include a brief warm-up period, stretching to increase range-of-motion and prevent injury, strengthening exercises to improve upper and lower body strength and a cool-down period. Students will be expected to maintain a minimal level of physical fitness involving cardiovascular conditioning and torso, back and abdominal strength.

Course Delivery Method

This course will be delivered using a face-to-face format.

Learner Outcomes or Objectives

This course is designed to enable students to do the following:

1. Describe briefly the history, philosophy and theory of Judo in Japan and Judo history in the United States.
2. Demonstrate the basic customs, courtesies of Judo in a dojo and basic terms used in a tournament.
3. Demonstrate proper posture, directional movement and balance both normal and defensive stances.
4. Demonstrate at least four throwing techniques from the second set of throws.
5. Demonstrate improved zempo kaiten (forward roll fall) left and right, staying down and coming up.
6. Demonstrate selected grappling techniques:
 - a. Escapes from pins, chokes and arm bars.
 - b. Arm bars to include both standing and ground, and from throw into an arm bar.
 - c. Four Pins
 - d. Six Chokes

Professional Standards N/A

Upon completion of this course, students will have met the following professional standards:

Required Texts

Handouts will be distributed as necessary.

Optional reading Kodokan Judo by Jigaro Kano

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy).

- **Assignments and Examinations**

Written exams and Pop quizzes are short answers. The mid-term will cover material seen up to that point and the final will be cumulative. Practical exams will be physical demonstration of skill taught in class

- **Other Requirements**

Students are required to attend class and participate. This includes the following:

1. Hands on interaction with other students.
2. Active participation in the class activity.

- **Course Performance Evaluation Weighting**

Class Participation/Attendance (10%)

Quizzes (20%) – Two pop quizzes covering material taught in class

Midterm Exam (20%) – Written (5%) and practical (15%)

Final Exam (50%) – Written (10%) and practical (40%)

- **Grading Policies**

A	= 94 – 100	B+	= 88 – 89	C+	= 78 – 79	D	= 60 – 69
A-	= 90 – 93	B	= 84 – 87	C	= 74 – 77	F	= 0 – 59
		B-	= 80 – 83	C-	= 70 – 73		

Professional Dispositions

Students are expected to exhibit professional behaviors and dispositions at all times.

Course Schedule

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

Students are required to actively participate. All classes include warm up exercises and physical activity.

Jan 27	Discuss the history and philosophy related to Judo in Japan and the United States. Warm ups and	review of Judo basics.
Feb 3	Improved fundamental techniques of falling and performing the forward roll fall both left and right side. Judo basics continued.	
Feb 10 & 17	Four selected throws from the first and second set.	
Feb 24	Judo pins.	
Mar 3	Midterm Exam: Positional randori (light sparring) and demonstration.	
Mar 13 – 19	Spring Break	
Mar 24	Alternate date for Midterm Exam. Positional randori (light sparring) continued.	
Mar 31	Countering throwing techniques and useful combinations.	
Apr 7	Basic escapes from the pins and other ground positions. Arm bars,	

- chokes, and pins.
- Apr 14 Continued arm bars and chokes with transitions.
- Apr 21 IJF contest rules. Mock contest. Putting it all together.
- Apr 28 Class review of techniques.
- May 5 Class review continued. Question and answer period. Written final and practical for those ready.
- May 12 Final exam day final written and practical. Fun randori session as time allows.

Core Values Commitment

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: <http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <http://oai.gmu.edu/the-mason-honor-code/>).
- Students must follow the university policy for Responsible Use of Computing (see <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students **solely** through their Mason email account.
- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard

should be directed to <http://coursessupport.gmu.edu/>.

- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing (see <http://writingcenter.gmu.edu/>).
- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance (see <http://caps.gmu.edu/>).
- The George Mason University Office of Student Support staff helps students negotiate life situations by connecting them with appropriate campus and off-campus resources. Students in need of these services may contact the office by phone (703-993-5376). Concerned students, faculty and staff may also make a referral to express concern for the safety or well-being of a Mason student or the community by going to <http://studentsupport.gmu.edu/>, and the OSS staff will follow up with the student.

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/>.

Class Schedule

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

Assessment Rubric(s)