

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

RECR 103 001 Judo: Intermediate
1 Credit Fall 2018
Friday, 12:00-1:15pm, Fairfax RAC 2201

Faculty

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Prerequisites/Corequisites

Must have completed RECR 102, an introductory level Judo class, or permission from 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 highly encouraged to wear them and are preferred over other attire. Other martial arts uniforms may be worn. For those without a uniform long sweat pants or "Gi" pants are recommended; however, shorts may also be worn. Proper 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. No chewing gum please.
5. Consistent attendance is necessary to develop minimum acceptable performance. Attendance will be taken during each class. To earn full credit for class participation/attendance students shall adhere to the following five areas.

Course Delivery Method

This course is an activity based course.

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 armbar.
 - c. Four Pins
 - d. Six Chokes

Professional Standards N/A

Required Texts

Handouts will be distributed as needed.

Recommended Reading Kodokan Judo by Jigoro 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/or Examinations**

Midterm exam written and practical exam

Final exam written and practical exam

- **Other Requirements**

Students are required to attend class and participate. Below are the following 5 areas of the class participation/attendance grade in order to earn 5 points per day:

1. Hands on interaction with other students.
2. Actively participates in the class activity.
3. Shows genuine interest giving sufficient effort.
4. Displays good sportsmanship and manners.
5. Student is punctual for class, on time and ready to go in proper attire and participated for the entire class. Anyone coming in late or leaving early will lose 1 point for that class. Absences are only excused with a doctor's note unless approved by the instructor in advance. Emails, texts,

and phone calls do not excuse an absence. Doctor's notes must be presented immediately upon returning to class or scanned and emailed immediately.

6. Students are also expected to help set up the mats and/or put away the mats at the end of class as needed. Your ability to be helpful is indeed noted.

- **Grading**

- Class Participation/Attendance (30%)
- Midterm Exam (20%) – Written (5%) and practical (15%)
- Final Exam (50%) – Written (10%) and practical (40%)

Grading Scale

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

See <https://cehd.gmu.edu/students/policies-procedures/>

Class Schedule

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

Aug 31 Discuss the history and philosophy related to Judo in Japan and the United States. Warm-ups and review of Judo basics.

Sep 7 Improved fundamental techniques of falling and performing the forward roll fall both left and right side. Judo basics continued.

Sep 14 & 21 Four selected throws from the first and second set.

Sep 28 Judo pins.

Oct 5 Midterm Exam: Positional randori (light sparring) and demonstration.

Oct 12 Alternate date for Midterm Exam. Positional randori (light sparring) continued.

Oct 19 Countering throwing techniques and useful combinations.

Oct 26 Basic escapes from the pins and other ground positions. Arm bars, chokes, and pins.

Nov 2 Continued arm bars and chokes with transitions.

Nov 9 IJF contest rules. Mock contest. Putting it all together.

Nov 16 Class review of techniques. Final written examination. Student must attend this class to have the opportunity to take the written exam. The Written exam will not be given on alternative days.

Nov 30 Final practical examination. Do not miss this class. The final practical exam will not be given on alternative days. Students must attend this class to have the opportunity to take the practical exam.

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

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 <https://catalog.gmu.edu/policies/honor-code-system/> <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 silence all sound emitting devices 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://coursesupport.gmu.edu/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

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

