

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

RECR 102 (001) - Judo: Introduction (1)  
1 Credit, Spring 2017  
F 10:30am - 11:45am / RAC 2002 - Fairfax Campus

**Faculty**

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**Prerequisites/Corequisites**

None

**University Catalog Course Description**

Introduces basic body mechanics of throwing, sweeping, grappling, and submission skills used in Judo and for self-defense. Presents the history of judo, rules of the sport, and proper safety and falling techniques.

**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. Long sweat pants or “Gi” pants are recommended; however, shorts may also be worn. Students may wear a short or long sleeved t-shirt.
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. Attendance will be taken during each class. To earn full credit for class participation/attendance students shall adhere to the following five areas.

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. Discuss briefly the history, philosophy and theory of Judo.
2. Demonstrate the basic customs and courtesies of Judo.
3. Demonstrate proper posture, movement and balance.
4. Demonstrate at least four first set throwing techniques.
5. Demonstrate proper falling techniques to include the forward roll fall.
6. Demonstrate selected pins, chokes, and arm bar techniques

## **Professional Standards NA**

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

## **Required Texts**

Handouts to be distributed as necessary.

## **Optional 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 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**

Participation: 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:

- Hands on interaction with other students.
- Actively participates in the class activity. Shows genuine interest giving sufficient effort.
- Displays good sportsmanship and manners.

- 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.
- 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.

- **Course Performance Evaluation Weighting**

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

<i>A</i> = 94 – 100	<i>B+</i> = 88 – 89	<i>C+</i> = 78 – 79	<i>D</i> = 60 - 69
<i>A-</i> = 90 – 93	<i>B</i> = 84 – 87	<i>C</i> = 74 – 77	<i>F</i> = 0 - 59
	<i>B-</i> = 80 – 83	<i>C-</i> = 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 of Judo in Japan and the United States.
	Judo basics.
Feb 3	Fundamental techniques (rolls, break falls, grips, and stances)
Feb 10	Continued Judo basics. Begin learning selected throws from the first set.
Feb 17	Continued learning selected throws from the first set.
Feb 24	Additional review of selected throws. Introduction of two Judo pins.

Mar 3	Midterm Exam. Written and demonstration.
<b>Mar 13 – 19</b>	<b>Spring Break</b>
Mar 24	Alternate date for Midterm Exam. Written and demonstration for those not yet examined.
Mar 31	Additional throwing techniques and review.
Apr 7	Basic escapes from pins and other ground positions.
Apr 14	Arm bars, chokes, and pins.
Apr 21	Continued review of arm bars, chokes and pins. Discussion of basic IJF contest rules. Refine Judo techniques.
Apr 28	Class review of techniques.
May 5	Class review of techniques continued. Written and practical for those ready.
May 12	Final exam day both 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](mailto: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/>.
- 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**

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### **Assessment Rubric(s)**