

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

**RECR 102 001 Judo: Introduction**  
**1 Credit Fall 2018**  
**Friday 10:30-11:45 am Fairfax Campus RAC 2002**

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**Faculty**

Name: Craig Agena  
Office Hours: By appointment before or after class  
Office Location: RAC 2002  
Phone: 719-203-0445  
Email Address: Craig.agen@gmail.com

**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**

- Students with injuries or pre-existing conditions that may affect performance must inform the instructor.
- All communication will be through GMU e-mail.
- Those with Judo uniforms or similar martial arts 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.
- 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.
- 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 is an activity based course

## **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**

None

## **Required Texts**

Hand outs will be distributed as necessary

Suggested 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 is a written exam and practical exam will be given as directed in class.

Final exam is written and a practical exam will be given as directed in class.

- **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  
Students absences are only excused by a doctor's note unless preapproved by the instructor. Emails, phone calls, and texts do not excuse an absence. Doctor notes must be submitted immediately after returning to class.

- **Grading**

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

**Grading Scale:**

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

**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 of Judo in Japan and the United States. Judo basics.

**Sep 7** Fundamental techniques (rolls, break falls, grips, and stances)

**Sep 14** Continued Judo basics. Begin learning selected throws from the first set.

**Sep 21** Continued learning selected throws from the first set.

**Sep 28** Additional review of selected throws. Introduction of two Judo pins. must be present to take both parts of the exam.

**Oct 5** Alternate date for Midterm Exam. Written and demonstration for those not yet examined.

**Oct 12** Additional throwing techniques and review.

**Oct 19** Basic escapes from pins and other ground positions.

**Oct 26** Arm bars, chokes, and pins.

**Nov 2** Continued review of arm bars, chokes and pins. Discussion of basic IJF contest rules. Refine Judo techniques.

**Nov 9** Class review of techniques. Written final examination

**Nov 16** Practical final examination. You must make this class. If a student is absent they will not be given a make up exam or make up 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](mailto: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/>.
- 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/> .**

