

Course Title	JUDO I			
Course Code	SSJUD431-S-1			
Course Type	SPECIALISATION ELECTIVE			
Level	BSc (Level 1)			
Year / Semester	4th / Winter			
Teacher's Name	Christodoulos Christodoulides			
ECTS	12	Lectures / week	3	Laboratories / week / 3
Course Purpose	The Judo course aims to familiarize students with the theoretical, racing, coaching, and philosophical principles of the course. They should also get to know the mechanical principles of each exercise separately based on the principle of "no resistance", as well as the principle of repetition (uchikomi) and the combination of exercises.			
Learning Outcomes	<p>Upon completion of the course, students will be able to:</p> <ol style="list-style-type: none"> 1. Describe Judo's historical and philosophical course and its basic principles. 2. Analyze and execute all the basic exercises of the five standing exercise parameters and the three floor exercise parameters. 3. To develop methodologies for learning the exercises according to the level and category of athletes. 4. Design training units, considering nutrition, weight maintenance, prevention, and rehabilitation of wounds, and first aid. 5. Evaluate competition tactics, recognize the importance of knowledge of refereeing regulations, and prepare athletes psychologically and physically for competition. 6. Organize and manage the sports area (DOJO) for training and competition, enhancing the safety and effectiveness of exercises. 			
Prerequisites	PESS106: Training Principles	Corequisites	No	

Course Content	<ol style="list-style-type: none"> 1. The Judo course includes a historical and philosophical journey of the sport, analysis of all the basic exercises of the five parameters of standing exercises (arm, waist, legs, forward sacrifice, backward sacrifice) and three parameters of floor exercises (immobilization, drowning, hand locks). 2. A separate section is the methodology of learning the exercises according to the level, men, girls, young women, women. 3. Reference is made to the design of training units (microcycles, mesocycles), nutrition issues, to maintain the body weight of the category as well as any eating disorders of athletes and rapid weight loss, prevention of sports injuries as well as rehabilitation, first aid during training and competition, safety issues of exercises. 4. Match tactics, match analysis, refereeing regulations knowledge, and preparation in muscle development, psychological preparation and endurance are analyzed. 5. Organization and operation of the sports area (DOJO) for training and match purposes. 		
Teaching Methodology	<p>Theory</p> <p>The teaching of the course includes lectures to provide the theoretical background. Detailed notes with PowerPoint and material rich in images and videos are used in teaching. Methods like case studies, real scenarios, discussion, questions/answers are used in the teaching methodology depending on the course's nature. In addition, workshops and site visits with hands-on experiences are provided to deliver the practical background of course content. Relevant material published in international scientific journals is also used to follow the latest developments related to the subject of the course.</p> <p>Practical</p> <p>During the practical courses, students develop the practical skills required for the sport, with emphasis on proper technique with progressive teaching and application of exercises, to become capable of performing and teaching</p>		

	<p>the basic motor skills of the sport. It also described and presented how to teach each exercise/program for the sport using a trainee model.</p>
<p>Bibliography</p>	<p>Inokuma, I. & Nobuyuki, S. Best Judo. Tokai University Press. (1987). ISBN -10-0870117866</p> <p>Kano, J. Kodokan Judo. Kodokan Institute Press. (2013). ISBN 4-77001799- 5</p> <p>Yamashita, Y. The fighting spirit of Judo. Ippon Books (1993). 13: 9781874572152</p> <p>Toshiro D. Kodokan Judo Throwing Techniques. Kodansha America Inc, (2005). ISBN: 978-4770023308.</p> <p>Καπαρός, Θ., Χεκήμογλου, Ν. & Παπαδημητρίου, Β. ΤΖΟΥΝΤΟ - Από την Άσπρη Ζώνη στη Μαύρη. Εκδόσεις Αλκίμαχον, Αθήνα, (2006) ISBN: 960- 6623-24-6.</p> <p>Pulkkinen, W.J. The Sport Science of Elite Judo Athletes. Pulkinetics, Ontario, (2001). ISBN: 978-0968869307.</p>
<p>Assessment</p>	<ul style="list-style-type: none"> • Theoretical Intermediate Exam (20%): It focuses on the assessment and understanding of the theoretical knowledge and understanding acquired by students regarding Judo. The exam may include various question formats, such as multiple choice, synthetic questions, development questions, case studies, or other structures. • Training plan (15%): The written submission and evaluation of a draft training plan at a theoretical level regarding judo is requested. This should include at least a description of training objectives, teaching methods and practices, training organisation, appropriate exercises, and evaluation of athletes in relation to judo. • Practical examination (35%): A) Microteaching 25%: The candidate presents a short teaching session about judo, following a prepared training plan that includes training objectives, exercises, teaching methods and training materials. B) Technical Skills of the Sport 10%: The candidate demonstrates and demonstrates basic technical skills in judo required to practice the specific sport.

	<ul style="list-style-type: none"> Final Theory Exam (30%): The exam includes a wide range of topics, comprehensively reflecting the material presented during the course on judo. This includes concepts, theoretical frameworks, and case studies, giving a complete copy of the knowledge gained in judo. In addition, the exam focuses on the student's ability to connect various concepts, thus creating a comprehensive understanding of the field of Judo and how it can apply theoretical principles to practical scenarios, offering alternatives where needed, thus demonstrating its ability to transfer the acquired knowledge in the field of Judo in practical scenarios.
Language	Greek / English