

Course Title	JUDO II				
Course Code	SSJUD432-S-1				
Course Type	SPECIALISATION ELECTIVE				
Level	BSc (Level 1)				
Year / Semester	4th / Spring				
Teacher's Name	Christodoulos Christodoulides				
ECTS	12	Lectures / week	3	Laboratories / week	3
Course Purpose	<p>This course aims to provide students with a comprehensive understanding and practical experience in Judo, covering the basic techniques, philosophy, and principles of the sport. Through learning the techniques of falls, strides, throwing exercises, and the correct use of the JUDO GI suit, students will develop the skills of safety, technical training, and tactical analysis necessary for participation and success in training sessions and competitions. In addition, they will become familiar with the basic principles of training, nutrition, and the importance of proper preparation and recovery. The course seeks to develop students' physical and technical skills and enhance their understanding of Judo's philosophical and ethical principles, promoting respect, self-discipline, and teamwork. Finally, it aims to develop students' ability to continuously evaluate and improve their skills and those of others, preparing them for further coaching or competitive pursuits in the field of Judo</p>				
Learning Outcomes	<p>Upon completion of the course, students will be able to:</p> <ol style="list-style-type: none"> They recognise the various UKEMI fall techniques (front, rear, sideways), enhancing safety and efficiency during training and competitions. They describe the characteristics and importance of the JUDO GI outfit, as well as the correct way to dress and maintain it. They apply the basic steps necessary to perform techniques in Judo, practicing mobility and balance. They conduct basic throwing exercises (koshi waza, te waza, ashi waza, suzemi waza, osaekomi waza, kawazu gake, shime waza), developing their techniques and strategies for success in the race. They analyze the basic principles of training, including preparation, 				

	<p>warm-up, stretching, repetition of techniques (uchi komi), and their application to movements and randori, improving fitness and performance.</p> <p>6. Design and execute a comprehensive training program that includes technical training, randori and competitions, aimed at improving individual performance.</p> <p>7. They assess the level of knowledge and skills of a Judo practitioner, assigning the appropriate zone according to his/her progress and performance.</p> <p>8. They incorporate the theoretical, practical, and philosophical principles of Judo into their coaching practice, recognizing the importance of ethics and sports.</p> <p>9. They are informed and apply basic nutrition principles for athletes, recognizing the importance of nutrition in performance and weight management in sports with weight categories.</p>		
Prerequisites	PESS106: Training Principles	Corequisites	No
Course Content	<p>1. Knowledge of UKEMI falls. Front rear side</p> <p>1. Meet the JUDOKI costume</p> <p>2. Knowledge of footsteps</p> <p>3. Basic throwing exercises from a standing position:</p> <ul style="list-style-type: none"> • Waist koshi waza exercises • Hand exercises te waza • Ashi waza leg exercises • Suzemi waza sacrifice exercises • Osnesomi waza floor exercises • Kavsentsu Waza • Shime waza <p><u>Training</u></p> <p><u>fundamentals:</u></p> <ul style="list-style-type: none"> • Preparation – warm-up 		

	<ul style="list-style-type: none"> • Muscle stretches • Repetition of uchi komi technique exercises • Repeat exercises with movement • Randori training match without strong intensity • Match normal • Basic knowledge of the athlete's nutrition, as there are weight categories in athletes <p>Athletes compete in uniform (JUDO). Students will get to know all the theoretical practices and philosophical principles of the sport. Also, due to the plethora of techniques, there is the possibility of dealing with JUDO from an early age (5-6 years old). The student should be able to assess the level of knowledge of the person involved and assign the corresponding yellow – orange belt etc. up to the black belt (a DAN)</p>
<p>Teaching Methodology</p>	<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, and 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 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>	<ol style="list-style-type: none"> 1. Inokuma, I. & Nobuyuki, S. Best Judo. Tokai University Press. (1987). ISBN -10-0870117866 2. Kano, J. Kodokan Judo. Kodokan Institute Press. (2013). ISBN 4- 77001799-5 3. Yamashita, Y. The fighting spirit of Judo. Ippon Books (1993). 13: 9781874572152 4. Toshiro D. Kodokan Judo Throwing Techniques. Kodansha America Inc, (2005). ISBN: 978-4770023308. 5. Καπαρός, Θ., Χεκήμογλου, Ν. & Παπαδημητρίου, Β. ΤΖΟΥΝΤΟ - Από την Άσπρη Ζώνη στη Μαύρη. Εκδόσεις Αλκίμαχον, Αθήνα, (2006) ISBN: 960-6623-24-6 6. Pulkkinen, W.J. The Sport Science of Elite Judo Athletes. Pulkinetics, Ontario, (2001). ISBN: 978-0968869307. 7. Fleck, S.J., & Kraemer, W.J. Προπόνηση Δύναμης σχεδιασμός προγραμμάτων. Επιμέλεια Ελληνικής έκδοσης: Κέλλης, Σ., Γούργουλης. Εκδόσεις Σάλτο, Θεσσαλονίκη (2000). ISBN: 960-278-091-6.
<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

	<p>technical skills in judo required to practice the specific sport.</p> <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