Modesto Junior College
Course Outline of Record

PEC 180

I. OVERVIEW
The following information will appear in the 2009 - 2010 catalog

PEC-180 Advanced Judo

Advisory: Before enrolling in this course, students are strongly advised to complete PEC-165A, PEW-167A, or demonstrate basic judo skills and competencies, along with a knowledge and understanding of judo concepts, terminology, etiquette, and methods of scoring, timekeeping, elimination systems.

Instruction in skills, techniques, and knowledge necessary for student to safely and effectively participate in advanced judo for personal and competitive purposes. Course is repeatable - four completions allowed. Field trips are not required. Course is not applicable to the associate degree.

II. LEARNING CONTEXT
Given the following learning context, the student who satisfactorily completes this course should be able to achieve the goals specified in Section III, Desired Learning:

A. COURSE CONTENT

1. Required Content:

2. Required Lab Content:

   a. History of Kodokan Judo
   b. Tai-sabaki (Use of the feet in movement)
   c. Use of Strength (Composure)
   d. Kuzushi (Distrubing balance)
   e. Uke-mi (Breakfall)
   f. Tachi-Waza (Throwing techniques)
      i. O-Soto-Gari (Big outside reap)
      ii. Ko-Soto-Gari (Small outside reap)
      iii. Ashi-barai (Foot sweep)
      iv. Tsuri-komi-goshi (Lifting pull throw)
      v. Koshi Guruma (Hip throw)
   g. Osae-Waza (Grappling techniques)
      i. Kesa-Gatame (Regular scarf hold)
      ii. Kami-Shiho-Gatame (Upper four direction hold)
iii. Kuzure Yoko-Shiho-Gatame (Modified side hold)

h. Shime-Waza (Submission techniques)
   i. Okur-Eri-Jime (Collar strangle)
   ii. Kata-Ha-Jime (Single wing strangle)
   iii. Gyaku-Juji-Jime (Reversed cross strangle)
   iv. Juji-jime (Cross strangle)

i. Tournament Management
   i. Elements of a Judo Tournament
   ii. Methods of Scoring and Timekeeping in a Judo
   iii. Tournament Elimination Systems: Pool Sheet

B. **ENROLLMENT RESTRICTIONS**

1. **Advisories**
   Before enrolling in this course, students are strongly advised to complete PEC-165A, PEW-167A, or demonstrate basic judo skills and competencies, along with a knowledge and understanding of judo concepts, terminology, etiquette, and methods of scoring, timekeeping, elimination systems.

2. **Requisite Skills**
   *Before entering the course, the student will be able to:*
   
   a. Throwing techniques
   b. Grappling techniques
   c. Choking techniques
   d. Pinning techniques

C. **HOURS AND UNITS**

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D. **METHODS OF INSTRUCTION (TYPICAL)**

*Instructors of the course might conduct the course using the following method:*

1. Lecture
2. Group and individual drills.
3. Instructor demonstration.
4. Guest Instructors.
5. Group discussions.

E. ASSIGNMENTS (TYPICAL)

1. EVIDENCE OF APPROPRIATE WORKLOAD FOR COURSE UNITS
   Time spent on coursework in addition to hours of instruction (lecture hours)

   Lab only - no outside of class hours required.

2. EVIDENCE OF CRITICAL THINKING
   Assignments require the appropriate level of critical thinking
   a. Students must evaluate their opponent and determine the appropriate technique and skill to effectively immobilize or nullify their opponent's technique.
   b. Students will analyze their techniques and strategies then develop an appropriate program to improve their ability to compete.
   c. Students will be given a scenario and must identify and demonstrate an understanding of the psychological and social aspects of each physical skill used in the scenario.

F. TEXTS AND OTHER READINGS (TYPICAL)


III. DESIRED LEARNING

A. COURSE GOAL
   As a result of satisfactory completion of this course, the student should be prepared to:

   Demonstrate two techniques (execute & escape) from each category: Brake Falls; Disturbing Balance; Grappling; Throws; Carotid Restraints; and Arm Joint Reversals. Students will demonstrate an understanding of tournament management applications and host the Modesto Junior College Invitational Judo Tournament.

B. STUDENT LEARNING GOALS
   Mastery of the following learning goals will enable the student to achieve the overall course goal.

1. Required Learning Goals
   Upon satisfactory completion of this course, the student will be able to:

2. Lab Learning Goals
   Upon satisfactory completion of the lab portion of this course, the student will be able to:
   b. Evaluate and run a tournament including methods of scoring, timekeeping, elimination systems, and all other elements of a judo tournament.
IV. METHODS OF ASSESSMENT (TYPICAL)