

NAME OF THE COURSE		Judo				
Code		Year of study	1 st year undergraduate study			
Course teacher	Saša Krstulović, full professor	Credits (ECTS)	3			
Associate teachers	Goran Kuvačić, postdoc	Type of instruction (number of hours)	L	S	E	F
			5	10	30	
Status of the course	Obligatory	Percentage of application of e-learning				
COURSE DESCRIPTION						
Course objectives	To develop basic theoretical knowledge and practical skills from judo sports and train students for applying acquired knowledge and skills in practice					
Course enrolment requirements and entry competences required for the course	No					
Learning outcomes expected at the level of the course (4 to 10 learning outcomes)	<ul style="list-style-type: none"> - To explain basic principles of judo; - to analyze specific methods in judo; - to demonstrate proper execution of some judo techniques; - to explain judo competition rules. 					
Course content broken down in detail by weekly class schedule (syllabus)	Lectures		Teacher			
	History of judo and judo competition rules (2 hours)		Saša Krstulović			
	Basic and specific judo training methods (3 hours)		Saša Krstulović			
	Seminars		Teacher			
	Judo falls (<i>ukemi waza</i>) (2 hours)		Saša Krstulović			
	Judo ground holds (<i>osae komi waza</i>) (2 hours)		Saša Krstulović			
	Choking techniques (<i>shime waza</i>) (2 hours)		Saša Krstulović			
	Arm locks techniques (<i>kansetsu waza</i>) (2 hours)		Saša Krstulović			
	Throwing techniques (<i>nage waza</i>) (2 hours)		Saša Krstulović			
	Practical lessons		Teacher			
	Judo falls (<i>ushiro ukemi, yoko ukemi, mae ukemi, zempo kaiten ukemi</i>) (2 hours)		Goran Kuvačić			
	Judo ground holds (<i>kesa gatame, kami shiho gatame, yoko shiho gatame, tate shiho gatame</i>) (4 hours)		Goran Kuvačić			
	Judo ground holds exam (2 hours)		Goran Kuvačić			
	Choking techniques (<i>hadaka jime, okuri eri jime, koshi jime</i>) (2 hours)		Goran Kuvačić			
	Choking techniques (<i>Nami juji jime, gyaku juji jime, kata juji jime, sankaku jime</i>) (2 hours)		Goran Kuvačić			
	Arm lock techniques (<i>Kannuki gatame, juji gatame, waki gatame</i>) (2 hours)		Goran Kuvačić			
	Arm lock techniques (<i>Ude gatame, ude garami</i>) (2 hours)		Goran Kuvačić			
	Arm lock and choking techniques exam (2 hours)		Goran Kuvačić			
	Throwing techniques (leg techniques) (2 hours)		Goran Kuvačić			
	Throwing techniques (arm techniques) (2 hours)		Goran Kuvačić			
Throwing techniques (hip techniques) (2 hours)		Goran Kuvačić				
Throwing techniques (sacrificial techniques) (2 hours)		Goran Kuvačić				
Throwing techniques exam (2 hours)		Goran Kuvačić				

	Competition in sumo combat (2 hours)		Goran Kuvačić			
Format of instruction	x lectures x seminars and workshops x exercises <input type="checkbox"/> <i>on line</i> in entirety <input type="checkbox"/> partial e-learning <input type="checkbox"/> field work		x independent assignments <input type="checkbox"/> multimedia <input type="checkbox"/> laboratory <input type="checkbox"/> work with mentor <input type="checkbox"/> (other)			
Student responsibilities						
Screening student work (<i>name the proportion of ECTS credits for each activity so that the total number of ECTS credits is equal to the ECTS value of the course</i>)	Class attendance	0.5	Research		Practical training	1.0
	Experimental work		Report		(Other)	
	Essay		Seminar essay	0.5	(Other)	
	Tests	0.5	Oral exam		(Other)	
	Written exam	0.5	Project		(Other)	
Grading and evaluating student work in class and at the final exam	Students demonstrate 43 judo techniques divided into 4 units (colloquia): the first is the ground holding techniques; the second is the techniques of arm locks and choking; the third is techniques of falling; and the fourth is the judo throwing techniques. For students who pass all the technical elements: mean score is calculated by the judo technique rating. The theoretical (written) exam consists of 5 questions. The answer to each question can be scored with 0, 1/4, 1/2, 3/4 or 1 point. A written exam score is obtained by adding points from all questions (items) as follows: Less than 3 points - rating 1 3 points - rating 2 3.25 points - rating 2/3 3.5 points - rating 3 3.75 points - rating 3/4 4 points - rating 4 4.25 and 4.5 points - rating 4/5 4.75 and 5 points - rating 5 The final grade is calculated as follows: (judo technique x 2) + (theory x 1) / 2					
Required literature (available in the library and via other media)	Title		Number of copies in the library	Availability via other media		
	Krstulović, S. (2010). Judo-teorija i metodika. Abel internacional, Split.		3			
	Krstulovic, S. & Djapic Caput, P. (2017). Structuring and comparison of models for determining factors of success in judo. In P. Drid (Ed.), Science and medicine in combat sports. Hauppauge, N.Y.: Nova Science Publisher's, Inc.					
	Katić, R., Miletić, Đ., Maleš, B., Grgantov, Z., Krstulović, S. (2005): Antropološki sklopovi sportaša - modeli selekcije i modeli treninga. Maleš, Boris; Miletić, Đurđica (ur.). Split: Fakultet prirodoslovno- matematičkih znanosti i kineziologije Sveučilišta u Splitu		3			

Optional literature (at the time of submission of study programme proposal)	Sertić, H. (2004). Osnove borilačkih sportova. Kineziološki fakultet Sveučilišta u Zagrebu, Zagreb.
Quality assurance methods that ensure the acquisition of exit competences	Attendance, practical mid-term tests, theoretical (written) exam, student evaluation of teaching and teachers.
Other (as the proposer wishes to add)	