

1. GENERAL INFORMATION			
1.1. Course teacher	Prof. Hrvoje Sertić, Ph.D.	1.6. Year of the study programme	2
1.2. Name of the course	JUDO	1.7. Credits (ECTS)	6.0
1.3. Associate teachers	Assoc. Prof. Ivan Segedi, PhD.	1.8. Type of instruction (number of hours L + S + E + e-learning)	75 (45L+30E)
1.4. Study programme (undergraduate, graduate, integrated)	Integrated	1.9. Expected enrolment in the course	180
1.5. Status of the course	Mandatory	1.10. Level of application of e-learning (level 1, 2, 3), percentage of online instruction (max. 20%)	
2. COURSE DESCRIPTION			
2.1. Course objectives	The objective is to educate high quality professionals that possess special knowledge and skills necessary for teaching judo as a competitive sport and for teaching judo in PE by utilizing all teaching principles and methods available for teaching judo elements listed in the Croatian National Educational Standard (CNES). Another goal of this course is to provide knowledge about implementing judo techniques in specific combat situations and in physical recreation when practicing without a kimono.		
2.2. Course enrolment requirements and entry competences required for the course	No enrolment requirements		
2.3. Learning outcomes at the level of the programme to which the course contributes	Students will master judo-specific knowledge and skills and competence for its application in: <ol style="list-style-type: none"> 1. physical education – compulsory and extracurricular, 2. sport, 3. physical recreation, 4. military, police and security services. 		
2.4. Learning outcomes expected at the level of the course (4 to 10 learning outcomes)	The students will: <ul style="list-style-type: none"> - attain knowledge about basic characteristics and specificities of judo as a polystructural acyclic activity; - be able to understand the influence of practicing judo on the individual's anthropological status; - be acquainted with the processes of education and training in specific environment – judo mats (tatami) - be acquainted with and understand biomechanical characteristics and usefulness of judo falling techniques; - be acquainted with and understand biomechanical characteristics of throwing techniques, holding techniques, joint lock techniques and strangling techniques in judo as a competitive sport; - attain knowledge about transferring specific judo exercises into military, police and security service training; - be acquainted with and understand biomechanical characteristics of throwing techniques, holding techniques, joint lock techniques and strangling techniques in other similar combat sports; - be acquainted with and understand biomechanical characteristics of throwing techniques, holding techniques, joint lock techniques and strangling techniques in other sports (for example, in team sports) 		
2.5. Course content broken down in detail by weekly class schedule (syllabus)	Theoretical lectures: <ol style="list-style-type: none"> 1. Structural analysis of judo. Analysis of structural elements and structures of situation in judo and judo bout. Definition of judo and categorization of judo in the group of polystructural acyclic activities. (2L) 2. Official rules of judo. Changes of judo rules and improvements of the sport. Rules of judo bouts, competition area, areas for the judo competitors. (2L) 3. Basic training methods for combat sports. Specificities of training methodology in physical education and sports training. (2L) 		

	<p>4. Specific methodology of teaching and practicing judo technique on the spot and in the motion. Rules and principles of teaching judo techniques in relation to the trainee's age, gender and the level of his/her motor abilities and skills. (2L)</p> <p>5. Anthropological analysis of judoists. The effects of practicing judo on the development of athletes' anthropological abilities. Hypothetical factor structure of abilities and characteristics relevant to success in judo (equation of judo performance specification). (2L)</p> <p>6. History and organization of judo. Appearance and development of judo in the world. Appearance and development of judo in Croatia. Judo as an Olympic sport. The structure of the World Judo Federation, European Judo Union and Croatian Judo Federation. (2L)</p> <p>7. The benefits of judo and judo programme according to the Croatian National Educational Standards (CNES). (2L)</p> <p>8. Principles of judo sport. Including judo techniques in the training processes of other sports and transfer of knowledge to the specific combat situations (without kimono) and physical recreation. (1L)</p> <p>Theoretical-practical lectures and exercises (each teaching unit is covered with 2TPL+2E)</p> <p>1. Ukemi waza – breakfalls. Teaching and practicing technique exercises of specific judo breakfalls.</p> <p>2. Ukemi waza – acrobatic falls. Teaching and practicing technique exercises of specific judo acrobatic falls.</p> <p>3. Stance techniques, movement techniques and kimono holding techniques in judo. Execution, principles and utility of auxiliary structural elements in judo sport.</p> <p>4. Osaekomi waza – pinning or matholds techniques – principles and escaping judo pinning or holding technique.</p> <p>5. Kansetsu waza – joint locking techniques – rules, principles and training methodology of joint locking techniques.</p> <p>6. Shime waza – carotid, respiratory and combined strangling techniques in judo – rules, principles and training methods.</p> <p>7. The structure of tactical contents in ground positions in judo.</p> <p>8. Te waza – hand throwing techniques – performance, performance principles, general and judo-specific training methods.</p> <p>9. Koshi waza – hip throwing techniques – performance, performance principles, general and judo-specific training methods.</p> <p>10. Ashi waza – foot throwing techniques – performance, performance principles, general and judo-specific training methods.</p> <p>11. Sutemi waza – sacrifice throwing techniques – performance, performance principles, general and judo-specific training methods.</p> <p>12. Transition from stand up to ground position in a judo bout.</p> <p>13. Goshin jutsu elements for 1 and 2 kyu belts.</p> <p>14. Goshin jutsu elements for 3 kyu belt.</p> <p>15. Judo elements listed in the CNES.</p>					
2.6.Format of instruction:	<input checked="" type="checkbox"/> lectures <input type="checkbox"/> seminars and workshops <input checked="" type="checkbox"/> exercises <input type="checkbox"/> on line in entirety <input type="checkbox"/> partial e-learning <input type="checkbox"/> field work		<input type="checkbox"/> independent assignments <input type="checkbox"/> multimedia and the internet <input type="checkbox"/> laboratory <input type="checkbox"/> work with mentor <input checked="" type="checkbox"/> theoretical-practical lectures		2.7.Comments:	
2.8.Student responsibilities	<p>The students are obligated to attend theoretical-practical lectures and exercises wearing their judo kimonos.</p> <p>The students are obligated to take notes during the theoretical-practical lectures, theoretical lectures and exercises.</p>					
2.9.Screening student work (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)	Class attendance	1.0	Research		Practical training	2.0
	Experimental work		Report		(other)	
	Essay		Seminar essay		(other)	
	Tests	0.5	Oral exam	1.5	(other)	
	Written exam	1.0	Project		(other)	
2.10. Grading and evaluating student work in class and at the final exam	<p>Class attendance: 17%</p> <p>Tests: 8%</p>					

	Written exams: 17% Oral exam: 25% Practical training: 33%		
2.11. Required literature (available in the library and via other media)	Title	No. of copies in the library	Availability via other media
	1. Sertić, H. (2004). Osnove boričkih sportova. Zagreb: Kineziološki fakultet.	300	
	2. Lucić, J., Gržeta, M. (2000). Judo u hrvatskoj vojsci. Zagreb: Ministarstvo obrane Republike Hrvatske.	5	
	3. Lucić, J., Gržeta, M. (2006). Judo u hrvatskoj vojsci – knjiga druga. Zagreb: Ministarstvo obrane Republike Hrvatske.	5	
2.12. Optional literature (at the time of submission of study programme proposal)	<ol style="list-style-type: none"> 1. Kudo, K. (1976). Judo tehnika bacanja. Zagreb: Mladost. 2. Kudo, K. (1976). Judo, Parterna tehnika, Zagreb: Mladost. 3. Sertić, H. (2000). Relacije nekih motoričkih, antropometrijskih i konativnih varijabli s uspjehom u borbi, brzinom učenja i kvalitetom izvođenja tehnike bacanja u judu. (Doktorska disertacija, Sveučilište u Zagrebu). Zagreb: Fakultet za fizičku kulturu, Sveučilišta u Zagrebu. 4. Segedi, I. (2011). Klasifikacija i analiza natjecateljskih judo tehnika bacanja kod muškaraca prema njihovoj važnosti u borbi. (Doktorska disertacija). Zagreb: Kineziološki fakultet Sveučilišta u Zagrebu. 		
2.13. Quality assurance methods that ensure the acquisition of exit competences	Anonymous student survey.		