



## COURSE DATA

### DATA SUBJECT

**Code:** 33214

**Name:** Judo

**Cycle:** Undergraduate Studies

**ECTS Credits:** 6

**Academic year:** 2025-26

### STUDY (S)

Degree	Center	Acad. year	Period
1312 - Degree in Physical Activity and Sport Sciences	Facultat de Ciències de l'Activitat Física i Esports	3	First quarter, Second quarter
1331 - Degree in Physical Activity and Sport Sciences (Ont)	Facultat de Ciències de l'Activitat Física i Esports	3	First quarter

### SUBJECT-MATTER

Degree	Subject-matter	Character
1312 - Degree in Physical Activity and Sport Sciences	Foundations of combat sports	COMPULSORY
1331 - Degree in Physical Activity and Sport Sciences (Ont)	Fundamentos de los Deportes de Lucha	COMPULSORY

### COORDINATION

FORT NUÑO JORGE

MOLINA ALVENTOSA JUAN PEDRO

CARRATALA BELLOD HELIO

## SUMMARY

Fundamentals matter Fight Sports is the only representative of the group subject dual sports or adversary who is part of the curriculum and its reference subject Judo. The struggle has been an important part of every culture since the beginning of humanity helping to shape their identity. Judo, as the first sport that was born in a different culture to the West, and the most important sports struggle, interests a broad sector of modern societies.

Its founder, educator Jigoro Kano, studied at several schools of ancient Japanese ju-jutsu fight call. Judo was born in 1882 as a result of their educational and intellectual concerns and their knowledge of English sport, which was created at that time. This full and varied discipline of struggle is based on grabbing the opponent to Apply actions to pull, push, pull down, immobilize, dislocate and strangling. In addition, it studies the actions of hit and dodge.

Their educational and motor features allow the student to study, based on this discipline, fundamentals of



judo as a sport and its basic units, humanist and pacifist values surrounding it, to build and implement generic situations that can be adapted to different contexts physical education.

Students can increase their knowledge of judo and control activities through the optional offer advanced courses. Thus, in the 4th year the subject \"Application to training in Judo\" quarterly basis with a load of 6 credits is taught.

## PREVIOUS KNOWLEDGE

## RELATIONSHIP TO OTHER SUBJECTS OF THE SAME DEGREE

There are no specified enrollment restrictions with other subjects of the curriculum.

## OTHER REQUIREMENTS

None.

## COMPETENCES / LEARNING OUTCOMES

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Apply the different judo techniques safely and effectively.

Apply the principles of fundamental rights, gender equality, equal opportunities, universal accessibility for people with disabilities, solidarity, environmental protection, the culture of peace and democratic values.

Assess the development of the session, collecting and processing the information necessary to make judgments that allow adjusting and improving the teaching-learning process of judo in school physical education.

Be able to reflect on and apply the principles of fundamental rights, gender equality, equal opportunities, universal accessibility for people with disabilities, the culture of peace and democratic values during judo practice.

Design, implement and evaluate the teaching-learning processes related to physical activity and sport, paying attention to the individual, collective and contextual characteristics of people.

Develop resources to adapt to new situations and to solve problems, and for independent learning and creativity.

Develop the ability to learn in collaboration with fellow practitioners.

Develop the values of respect for others and respect and care for one's own body through the ethical behaviour of judo.

Distinguish the different judo techniques and their characteristics.

Have a comprehensive knowledge of the specific bibliography essential to deepen and broaden the scope of the topics dealt with.



Know and understand the fundamentals, structures and functions of human motor skills and movement patterns.

Know and understand the fundamentals of game play and sport.

Know and understand the principles and basics of judo standing and groundwork.

Know how to adapt to the motor characteristics and responses of different partners.

Know the characteristics of wrestling sports and those specific to judo.

Master the main rules of judo.

Plan, implement and evaluate the motor skills training process at its different levels and practice environments.

Select and know how to use sports material and equipment, suitable for each type of activity and population.

Study the historical and philosophical background of judo and know the variation in forms and functions of sports in oriental cultures in order to better understand their richness, complexity and potential.

## DESCRIPTION OF CONTENTS

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**WORKLOAD****PRESENCIAL ACTIVITIES**

Activity	Hours
Classroom practices	60,00
<b>Total hours</b>	<b>60,00</b>

**NON PRESENCIAL ACTIVITIES**

Activity	Hours
Attendance at other activities	0,00
Individual or group project	40,00
Independent study and work	45,00
Preparation of lessons	0,00
Preparation for assessment activities	5,00
Resolution of case studies	0,00
<b>Total hours</b>	<b>90,00</b>



## TEACHING METHODOLOGY

The development of the subject is structured through two practice sessions of two hours a week. In the first part, the teacher presents the theoretical underpinning practical implementation of the different technical skills. Then, directs the activities undertaken and students, in pairs, or sometimes in small groups, practice the exercises to facilitate learning techniques and motor experiences. Finally, you can establish a space for open dialogue between teacher and students, and between them, on the activities and purposes set for the session.

In addition to these strategies directly linked to the development of the classes of the subject, other individual study will also be used, such as self-employment, to achieve mastery of course content, readings supplementary material and tutorials to orient particularly learning students.

## EVALUATION

L'assignatura té continguts teòrics i pràctics, amb un pes en la nota final del 40% teòric i 60% pràctic.

The course is theoretical and practical, with a weight in the final grade of 40% for the theoretical and 60% for the practical contents. The first will be valued through a job or a written exam. For qualifying work it will take into account the structure, content, formal presentation and exposure in class. The practical contents will be assessed by continuous evaluation system, and it is an indispensable prerequisite for active participation in classes, not the mere presence as a spectator.

To access the system of continuous assessment students must assist to theoretical and practical classes and perform the work and tasks proposed. At the end of the academic year notes obtained by continuous assessment and students who do not obtain the approval shall be entitled to take the final exam on the date established by the Faculty shall be reported.

The final examination of both first and second call will consist of a theoretical and practical test on the contents of the teaching guide that have been taught in class.

The literal, complete or partial copy, of presenting works of others as their own is considered unacceptable behavior in academia. Moreover, and by the Law of Intellectual Property, they are usually forbidden total or partial reproduction of the work of others, which may result in noncompliance with the corresponding offenses or criminal offenses.

## REFERENCES

- Espartero, J. y Villamón, M. (2009). La utopía educativa de Jigoro Kano: el judo Kodokan. *Recorde: Revista de História do Esporte*, 2(1), junio. [Disponible en: [http://www.sport.ifcs.ufrj.br/recorde/pdf/recordeV2N1\\_2009\\_11.pdf](http://www.sport.ifcs.ufrj.br/recorde/pdf/recordeV2N1_2009_11.pdf)].
- Espartero, J., Villamón, M. y González, R. (2011). Artes marciales japonesas: prácticas corporales representativas de su identidad cultural. *Movimento*, 17(3), 39-55. Disponible: <http://seer.ufrgs.br/Movimento/article/view/21569/14235>



- Carratalá, V. y Galán, E. (2017). Judo. Del descubrimiento a la formación. Federación Gallega de Judo y NKL Noris.
- I.J.F., Reglamento de Arbitraje de la Federación Internacional de Judo. [Disponible en: [http://www.intjudo.eu/IJF\\_Referee\\_Rules/Spanish\\_Version\\_/Spanish\\_Version](http://www.intjudo.eu/IJF_Referee_Rules/Spanish_Version_/Spanish_Version)].
- Villamón, M. (dir.) (2005). Introducción al judo. Barcelona: Hispano Europea. [2ª ed.].
- Carratala, V.; Marco-Ahullo, A; Carratalá I; Carratalá H; Bermejo J.L. (2019). Judo as a tool for social integration in adolescents at risk of social exclusion: A pilot study. 312158 - Journal of human sport and exercise. 15, pp. 1 - 15. (España): Universitat d'Alacant.
- Carratalá, V.; Gutierrez, M.; Guzman, J.; Pablos, C. (2011). Percepción del entorno deportivo juvenil por deportistas, padres, entrenadores y gestores. 915218 - Revista de Psicología del Deporte. 20 - 2, pp. 337 - 352. (España): Universitat de les Illes Balears. Servei de Publicacions im intercanvi científic. ISSN 1132-239X
- García J.M., Carratalá V., Sterkowicz, S. y Molina R. (2009). A study of the difficulties involved in introducing Young children to judo techniques: A proposed teaching programme. Archives of Budo, 5, 121-126.