



Information about the course

Degree: Bachelor of Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 282065 **Name:** Judo

Credits: 4,50 ECTS **Year:** 4 **Semester:** 2

Module: 4) Optional Module.

Subject Matter: Adversary Sports **Type:** Optativa

Branch of knowledge: Health Sciences

Department: Physical-Sports Disciplines and Activities

Type of learning: Classroom-based learning

Language/-s in which it is given: Spanish

Teachers:

OAC19 Helio Carratala Bellod (**Profesor responsable**)

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Module organization

4) Optional Module.

Subject Matter	ECTS	Subject	ECTS	Year/semester
Inclusive Activities and Practices	4	Inclusive Activities and Practices in the Areas of Education and Leisure Time	4	4/2
Anthropology.	12	Anthropology	6	3/1
		Science, Reason and Faith	6	3/2
Collective Sports	22	Basketball	4	4/2
		Football	4	4/2
		Handball	4	4/2
		Hockey	4	4/2
		Volleyball	4	4/2
Adversary Sports	18	Fencing	4	4/2
		Judo	4	4/2
		Paddle	4	4/2
		Tennis	4	4/2
Sports in the Natural Environment	4	Sports in Nature: Specific Techniques	4	4/2
Individual sports	22	Athletics	4	4/2



Individual sports		Cycling	4	4/2
		Gymnastics	4	4/2
		Swimming	4	4/2
		Triathlon	4	4/2
Direction and Management of Gyms and Sports Centers	4	Gym and Sports Centre Management and Administration	4	4/2
Idiom	9	Inglés Avanzado para Ciencias Actividad Física y Deporte	4	4/2
		Inglés Intermedio para Ciencias Actividad Física y Deporte	4	4/2
Sports facilities	4	Sports Facilities	4	4/2
Research Methods and Techniques	4	Applied Research Methods and Techniques in Sport Sciences	4	4/2
Nutrition	4	Nutrition	4	4/2
Professional Itinerary Electives	27	Fitness and Physical Conditioning	6	4/1
		Pedagogy in Eduational Values in Sports and Physical Activity	6	4/1
		Skills, Entrepreneurship and Employment	3	4/2
		Sports Management of Human and Economic Resources	6	4/1



Professional Itinerary Electives		Theory and Practice of Training for High Performance in Sports	6	4/1
Trends in sports practices	4	Trends in Sports Practices	4	4/2
Social Skills and Group Dynamics	4	Social Skills and Group Dynamics	4	4/2



Learning outcomes

Al finalizar la asignatura, el estudiante deberá demostrar haber adquirido los siguientes resultados de aprendizaje:

R11 - Describe and identify the internal logic of judo through the analysis of its functional structure and sociocultural elements.

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

- Apply the principles derived from the concept of integral ecology in your proposals or actions, whatever the scope and area of knowledge and the contexts in which they are proposed.
- Communicate and interact appropriately and efficiently, in physical and sports activity, in diverse intervention contexts, demonstrating teaching skills in a conscious, natural and continuous way.
- Develop theoretical-practical responses based on the sincere search for the full truth and the integration of all dimensions of the human being when faced with the great questions of life.
- Know, prepare and know how to apply the ethical-deontological, structural-organizational conditions, professional performance and the regulations of professional practice of Graduates in Physical Activity and Sports Sciences, in any professional sector of physical activity and sport (teaching formal and informal physical-sports; physical and sports training; physical exercise for health; as well as being able to develop multidisciplinary work
- Respect and put into practice the ethical principles and action proposals derived from the objectives for sustainable development, transferring them to all academic and professional activities.
- Understand, develop and know how to apply the procedures, strategies, activities, resources, techniques and methods that intervene in the teaching-learning process efficiently, developing the entire course of action in all sectors of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; direction of physical activity and sports).

Type of AR: Competencias



- Fluently develop procedures and protocols to solve unstructured, unpredictable and increasingly complex problems, articulating and displaying a mastery of the elements, methods, procedures, activities, resources, techniques and processes of physical condition and physical exercise in a manner adequate, efficient, systematic, varied and methodologically integrated for the entire population and with emphasis on special populations such as: older people (seniors), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), taking into account gender and diversity and in any sector of professional intervention of physical activity and sport.

- Fluently develop procedures and protocols to solve unstructured, unpredictable and increasingly complex problems, articulating and displaying mastery of the elements, methods, processes, activities, resources and techniques that make up basic motor skills, physical activities, sports skills, play, expressive bodily and dance activities, and activities in nature in an appropriate, efficient, systematic, varied and methodologically integrated way for the entire population and with emphasis on special populations such as: older people (seniors), schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a doctor), taking into account gender and diversity and in any sector of professional intervention of physical activity and sport (formal and informal physical education -sports; physical and sports training; physical exercise for health; direction of physical activity and sports).

R12 - Describe and practically prioritize the configurative elements of each structure (coordination, cognitive, conditional, socio-affective, and emotive-volitional) in judo across different ages and contexts (educational, recreational, competitive, and therapeutic).

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

- Communicate and interact appropriately and efficiently, in physical and sports activity, in diverse intervention contexts, demonstrating teaching skills in a conscious, natural and continuous way.

- Develop theoretical-practical responses based on the sincere search for the full truth and the integration of all dimensions of the human being when faced with the great questions of life.

- Know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different areas, contexts and types of activities for the entire population and with emphasis on specific populations. special such as: older people (seniors), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), taking into account gender and diversity.



- Know, prepare and know how to apply the ethical-deontological, structural-organizational conditions, professional performance and the regulations of professional practice of Graduates in Physical Activity and Sports Sciences, in any professional sector of physical activity and sport (teaching formal and informal physical-sports; physical and sports training; physical exercise for health; as well as being able to develop multidisciplinary work
- Respect and put into practice the ethical principles and action proposals derived from the objectives for sustainable development, transferring them to all academic and professional activities.
- Understand, develop and know how to apply the procedures, strategies, activities, resources, techniques and methods that intervene in the teaching-learning process efficiently, developing the entire course of action in all sectors of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; direction of physical activity and sports).

Type of AR: Competencias

- Fluently develop procedures and protocols to solve unstructured, unpredictable and increasingly complex problems, articulating and displaying a mastery of the elements, methods, procedures, activities, resources, techniques and processes of physical condition and physical exercise in a manner adequate, efficient, systematic, varied and methodologically integrated for the entire population and with emphasis on special populations such as: older people (seniors), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), taking into account gender and diversity and in any sector of professional intervention of physical activity and sport.
- Fluently develop procedures and protocols to solve unstructured, unpredictable and increasingly complex problems, articulating and displaying mastery of the elements, methods, processes, activities, resources and techniques that make up basic motor skills, physical activities, sports skills, play, expressive bodily and dance activities, and activities in nature in an appropriate, efficient, systematic, varied and methodologically integrated way for the entire population and with emphasis on special populations such as: older people (seniors), schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a doctor), taking into account gender and diversity and in any sector of professional intervention of physical activity and sport (formal and informal physical education -sports; physical and sports training; physical exercise for health; direction of physical activity and sports).

R13 - Scientifically justify content related to judo.

Learning outcomes of the specified title



Type of AR: Habilidades o Destrezas

- Communicate and interact appropriately and efficiently, in physical and sports activity, in diverse intervention contexts, demonstrating teaching skills in a conscious, natural and continuous way.
- Develop and implement the technical-scientific evaluation of the elements, methods, procedures, activities, resources and techniques that make up the manifestations of movement and the processes of physical condition and physical exercise; taking into account the development, characteristics, needs and context of individuals, the different types of population and the spaces where physical activity and sport are carried out; in the various sectors of professional intervention and with emphasis on special populations.
- Know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different areas, contexts and types of activities for the entire population and with emphasis on specific populations. special such as: older people (seniors), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), taking into account gender and diversity.
- Know, prepare and know how to apply the ethical-deontological, structural-organizational conditions, professional performance and the regulations of professional practice of Graduates in Physical Activity and Sports Sciences, in any professional sector of physical activity and sport (teaching formal and informal physical-sports; physical and sports training; physical exercise for health; as well as being able to develop multidisciplinary work
- Understand, develop and know how to apply the procedures, strategies, activities, resources, techniques and methods that intervene in the teaching-learning process efficiently, developing the entire course of action in all sectors of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; direction of physical activity and sports).

R14 - Apply assessment procedures and instruments to determine the acquisition level of sports skills in different ages and contexts (educational, recreational, competitive, and therapeutic).

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

- Apply the principles derived from the concept of integral ecology in your proposals or actions, whatever the scope and area of knowledge and the contexts in which they are proposed.



- Communicate and interact appropriately and efficiently, in physical and sports activity, in diverse intervention contexts, demonstrating teaching skills in a conscious, natural and continuous way.
- Develop theoretical-practical responses based on the sincere search for the full truth and the integration of all dimensions of the human being when faced with the great questions of life.
- Know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different areas, contexts and types of activities for the entire population and with emphasis on specific populations. special such as: older people (seniors), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), taking into account gender and diversity.
- Know, prepare and know how to apply the ethical-deontological, structural-organizational conditions, professional performance and the regulations of professional practice of Graduates in Physical Activity and Sports Sciences, in any professional sector of physical activity and sport (teaching formal and informal physical-sports; physical and sports training; physical exercise for health; as well as being able to develop multidisciplinary work
- Respect and put into practice the ethical principles and action proposals derived from the objectives for sustainable development, transferring them to all academic and professional activities.
- Understand, develop and know how to apply the procedures, strategies, activities, resources, techniques and methods that intervene in the teaching-learning process efficiently, developing the entire course of action in all sectors of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; direction of physical activity and sports).

Type of AR: Competencias

- Fluently develop procedures and protocols to solve unstructured, unpredictable and increasingly complex problems, articulating and displaying a mastery of the elements, methods, procedures, activities, resources, techniques and processes of physical condition and physical exercise in a manner adequate, efficient, systematic, varied and methodologically integrated for the entire population and with emphasis on special populations such as: older people (seniors), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), taking into account gender and diversity and in any sector of professional intervention of physical activity and sport.



- Fluently develop procedures and protocols to solve unstructured, unpredictable and increasingly complex problems, articulating and displaying mastery of the elements, methods, processes, activities, resources and techniques that make up basic motor skills, physical activities, sports skills, play, expressive bodily and dance activities, and activities in nature in an appropriate, efficient, systematic, varied and methodologically integrated way for the entire population and with emphasis on special populations such as: older people (seniors), schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a doctor), taking into account gender and diversity and in any sector of professional intervention of physical activity and sport (formal and informal physical education -sports; physical and sports training; physical exercise for health; direction of physical activity and sports).

R15 - Investigate and interpret the immediate environment in relation to judo.

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

- Communicate and interact appropriately and efficiently, in physical and sports activity, in diverse intervention contexts, demonstrating teaching skills in a conscious, natural and continuous way.
- Develop and implement the technical-scientific evaluation of the elements, methods, procedures, activities, resources and techniques that make up the manifestations of movement and the processes of physical condition and physical exercise; taking into account the development, characteristics, needs and context of individuals, the different types of population and the spaces where physical activity and sport are carried out; in the various sectors of professional intervention and with emphasis on special populations.
- Know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different areas, contexts and types of activities for the entire population and with emphasis on specific populations. special such as: older people (seniors), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), taking into account gender and diversity.
- Understand, develop and know how to apply the procedures, strategies, activities, resources, techniques and methods that intervene in the teaching-learning process efficiently, developing the entire course of action in all sectors of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; direction of physical activity and sports).

Type of AR: Competencias



- Analyze, diagnose and evaluate the elements, structure, situation and characteristics of all types of physical activity and sports organizations, as well as the legislative and legal elements linked to physical and sports activity.
- Fluently develop procedures and protocols to solve unstructured, unpredictable and increasingly complex problems, articulating and displaying a mastery of the elements, methods, procedures, activities, resources, techniques and processes of physical condition and physical exercise in a manner adequate, efficient, systematic, varied and methodologically integrated for the entire population and with emphasis on special populations such as: older people (seniors), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), taking into account gender and diversity and in any sector of professional intervention of physical activity and sport.



Assessment system

Modalidad presencial

Assessed learning outcomes	Granted percentage	Assessment tool
R11, R12, R13	10,00%	Written and/or practical tests.
R11, R12, R13, R14, R15	30,00%	Individual or Group Work / Project.
R12	30,00%	Exercises and Practices in the Classroom.
R11, R12, R13, R14, R15	15,00%	Oral tests or presentation.
R11, R13, R15	15,00%	Non-face-to-face autonomous work.

Observations

-The student will be able to keep the evaluation instruments passed during the 3 years following the first enrollment.

-It is necessary to obtain a 50% in the following instruments:

- Written and/or practical tests
- Individual or group work/project.
- Oral tests or exposition



-Exercises and Practices in the Classroom.

- According to article 4.2. of the Guidelines for Evaluation at UCV, the limit of absences that can accommodate eventualities (medical consultation, bureaucratic procedures...) that do not have to be justified, is 30%.

- Attendance to all practical sessions indicated in the schedule is compulsory. Additionally for this subject, in case of not attending 70% of these, the student will fail the two calls of the course, having to recover them in the following enrollment.

- In case of not complying with any of these criteria, the student will be graded with a maximum of 4.5.

SPECIFICATIONS TO THE EVALUATION INSTRUMENTS

Written and/or practical tests

A single final exam will be given on the dates of the official convocation.

The exam will consist of a multiple-choice test of between 15 and 20 questions of 4 options (1 wrong subtract 33.3%).

Individual or Group Work/Project

To carry out a group Programming Unit of some of the contents developed in the subject.

Oral tests or exposition

Group practical exposition of the Programming Unit of the instrument of the realization of the project, where:

- Group part: 10%

- Individual part: 5%

Exercises and Practices in the Classroom

A reflection task (forum) will be carried out at the end of each practical session, which can only be done by those students who have attended the session.

Non-attendance autonomous work

Delivery of the completed attendance form as an observer of at least one competition or federative training.

The form will be posted on the platform at the student's disposal.

The detailed explanation (procedure for the work) as well as the evaluation tools (worksheets or rubrics) of each section will be posted on the platform of each group at the student's disposal.



Actividades formativas

The methodologies to be used so that the students reach the expected learning outcomes will be the following:

- M2 Resolution of problems and cases.
- M5 Presentation of content by the teacher.
- M6 Practical lesson.
- M7 Group dynamics and activities.

IN-CLASS TRAINING ACTIVITIES

ACTIVITY	RELATIONSHIP WITH THE COURSE LEARNING OUTCOMES	METHODOLOGY	HOURS	ECTS
THEORETICAL CLASS: Presentation of contents by the teacher. Competency analysis. Demonstration of capabilities, skills and knowledge in the classroom.	R11, R12, R13	Presentation of content by the teacher. Group dynamics and activities.	14,50	0,58
PRACTICAL CLASS / SEMINAR: Group dynamics and activities. Resolution of problems and cases. Practical laboratories. Data search, computer classroom, library, etc. Meaningful construction of knowledge through student interaction and activity.	R12, R14	Resolution of problems and cases. Presentation of content by the teacher. Practical lesson. Group dynamics and activities.	24,80	0,99



EVALUATION: Set of oral and/or written tests used in the evaluation of the student, including the oral presentation of the final degree project.	R11, R12, R13, R15	Resolution of problems and cases. Group dynamics and activities.	4,00	0,16
TUTORING: Supervision of learning, evolution. Discussion in small groups. Resolution of problems and cases. Presentation of results before the teacher. Presentation of diagrams and indexes of the proposed works.	R11, R13, R14, R15	Resolution of problems and cases. Presentation of content by the teacher.	1,70	0,07
TOTAL			45,00	1,80

TRAINING ACTIVITIES OF AUTONOMOUS WORK

ACTIVITY	RELATIONSHIP WITH THE COURSE LEARNING OUTCOMES	METHODOLOGY	HOURS	ECTS
GROUP WORK: Problem solving. Preparation of exercises, memoirs, to present or deliver in classes and/or in tutoring.	R11, R13, R14, R15	Resolution of problems and cases. Group dynamics and activities.	25,00	1,00
SELF-EMPLOYED WORK: Study, Individual preparation of exercises, assignments, reports, to present or deliver in classes and/or in tutoring. Activities in platform or other virtual spaces.	R11, R13, R14, R15	Resolution of problems and cases. Presentation of content by the teacher. Group dynamics and activities.	42,50	1,70
TOTAL			67,50	2,70



Description of contents

Descripción de contenidos necesarios para la adquisición de los resultados de aprendizaje.

Theoretical content:

Block of content	Contents
BLOCK 1	1.1. Historical and conceptual approach and classification of wrestling sports.1.2. Historical-cultural background of judo1.3. Attitudinal aspects of judo participation: values and judo
BLOCK 2	2.1. Conceptual aspects of judo and classification of its contents2.2. Normative aspects: the regulations
BLOCK 3	3.1. Fundamentals of ground judo3.2. Immobilization, strangulation and dislocation techniques 3.3.3.4. Fundamentals of standing judo3.5. Projection techniques
BLOCK 4	4.1. The teaching-learning process in judo.4.2. Judo in school physical education.4.3. Judo as a tool for improvement in special populations (youth with SEN and elderly population).



Temporary organization of learning:

Block of content	Sessions	Hours
BLOCK 1	2	3,00
BLOCK 2	2	3,00
BLOCK 3	20	30,00
BLOCK 4	6	9,00



References

BASIC REFERENCES:

- Atencia, D. (2000). *Deportes de lucha*. INDE.
- Carratalá, V. y Carratalá, E. (2000). *Judo*. Ministerio de Educación, Cultura y Deportes. Consejo Superior de Deportes.
- Carratalá, V. y Galán, E. (2017). Judo. Del descubrimiento a la formación. *Federación Gallega de Judo y NKL Noris*.
- Carratalá, V.; Gutierrez, M.; Guzman, J.; Pablos, C. (2011). Percepción del entorno deportivo juvenil por deportistas, padres, entrenadores y gestores. *Revista de Psicología del Deporte*. 20 - 2, pp.337 - 352.
- Castarlenas, J. L., & Molina, P. (2002). *El judo en la educación física escolar*. Hispano Europea.
- Espartero, J. y Villamón, M. (2009). La utopía educativa de Jigoro Kano: el judo Kodokan. *Revista de História do Esporte*, 2(1), junio. [Disponible en: http://www.sport.ifcs.ufrj.br/recordes/pdf/recordesV2N1_2009_11.pdf].
- Espartero, J., Villamón, M. y González, R. (2011). Artes marciales japonesas: prácticas corporales representativas de su identidad cultural. *Movimiento*, 17(3), 39-55. Disponible: <http://seer.ufrgs.br/Movimento/article/view/21569/14235>
- García- García, J.M. (2012). *Rendimiento en judo*. Onporsport
- García J.M., Carratalá V., Sterkowicz, S. & 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.
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- Villamón, M. (dir.) (2005). *Introducción al judo*. Barcelona: Hispano Europea. [2ª ed.].

ADDITIONAL REFERENCES:

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- Broussal- Derval, A. y Ganneau, S. (2017). *El arte moderno del entrenamiento de alta intensidad*. Tutor.
- Carratalá-Bellod, H. & Guzmán-Luján, J. F. (2022). Analysis of psychological variables predicting stress and sports-academic engagement in judokas. *RICYDE. Revista Internacional de Ciencias del Deporte*. 70(18), 219- 234. <https://doi.org/10.5232/ricyde2022.07002>
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·Franchini, E.; Brito, C.J.; Artioli, G.G. (2012). Weight loss in combat sports: physiological, psychological and performance effects. *Journal of the international society of sports nutrition*, (9), 1-6. DOI: 10.1186/1550-2783-9-52

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·Boyle, M. (2017). *El entrenamiento funcional aplicado a los deportes*. Tutor.

WEBS:

·<https://www.rfejudo.com/>

·<https://judotraining.info/>

·<https://www.ijf.org/>

·<https://www.eju.net/>

·<http://hajimejudo.blogspot.com/>

·<http://www.fvaljudo.es/es/>