



SPORT COUNCIL

Course:	JUDO
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SYLLABUS

- **COURSE PURPOSE**

It is the learning of basic motor skills through the sport of judo and the acquisition of positive thinking and experience which lead to the sport idea for Lifelong Fitness

- **OBJECTIVES - LEARNING OUTCOMES**

Spirit and body power through the teaching of judo sport

- **COURSE CONTENT**

Learn the basic techniques in standing and ground position

Observe and understand a judo competition

Self-defense

- **COURSE DESCRIPTION**

Theory: judo philosophy, Japanese terminology, basic rules of a judo competition

Practice: basic techniques, free practice and self-defense

- **EVALUATION**

40% Theory (30% written test -10% small assignment)

60% Practice (50% skills exam - 10% class attendance and participation)

- **BIBLIOGRAPHY**

Required textbook: KODOKAN JUDO by Jigoro Kano

Recommended textbook: Judo Techniques & Tactics (Martial Arts Series) by Jimmy Pedro

Attendance is required