



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Judo							
Course Code		REKB222		Course Level		First Cycle (Bachelor's Degree)			
ECTS Credit	4	Workload	98 (<i>Hours</i>)	Theory	2	Practice	1	Laboratory	0
Objectives of the Course		Transferring how to make the course and branch sport like and apply with various methods							
Course Content		Beginning of the sports of the field and the changes that have occurred in the department until today are taught in detail in an applied way. Teaching basic techniques, positions, game rules.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration					
Name of Lecturer(s)									

Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	70

Recommended or Required Reading

1	Kamitani T, Nimura Y, Nagahiro S, Miyazaki S, Tomatsu T. Catastrophic head and neck injuries in judo players in Japan from 2003 to 2010. Am J Sports Med, 2013;41:1915–21. Miarka B, Panissa V, Julio UF. A comparison of time-motion performance between age groups in judo matches. J Sports Sci, 2012;30:899–905.
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Week	Weekly Detailed Course Contents	
1	Theoretical	Historical development of sports in the world and Turkey.
2	Practice	principles and principles of judo
3	Theoretical	philosophy of judo
4	Theoretical	yokem, yokhir, ushiro zempokaiten
5	Theoretical	taisabaki and kumikata disrupting balance in 8 directions
6	Theoretical	ippon seonage technique application
7	Theoretical	Application of ogoshi technique
8	Intermediate Exam	midterm
9	Practice	application of kosiguma technique
10	Practice	kesegatame katagatame kuzure incontinence technique application
11	Practice	methods of getting rid of the technique.
12	Practice	yakusekugiyeku application
13	Practice	randori conflict
14	Final Exam	final

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	1	2	42
Lecture - Practice	14	2	2	56
Total Workload (Hours)				98
[Total Workload (Hours) / 25*] = ECTS				4

*25 hour workload is accepted as 1 ECTS

Learning Outcomes

1	she learns the history of the field.
2	-Applies the rules of the game
3	Makes arbitration and applications of the field.
4	- Learns and applies the special technique of the field.



5	Compete in accordance with the rules and techniques of the game.
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Programme Outcomes (*Recreation*)

1	Students have comprehensive and systematic information about concepts, principles, theories, facts in disciplines related to Recreation in Recreation field and use and interpret these information in workplace
2	By specialising in certain studies of profession related to Recreation, students carry out planning and control functions in the field.
3	By using the knowledge about Recreation, students fulfil responsibilities in league with other occupational groups
4	Students carry out the recommendation and coordination functions, and plan activities related to Recreation
5	Students behave in accordance with the codes of ethics and laws and regulations related to right and liability of Recreation field.
6	Students analyse by using the known techniques related to Recreation
7	Students fulfil scientific information responsibility related to Recreation and research
8	Students develop positive behaviour and attitude towards healthy life-long sport
9	Students set an example as a model to society and colleagues with their professional identity related to Recreation field
10	Students must communicate written or verbal in some foreign languages

