

### SEMESTER- III

#### BSc-PE-DSE-1(4)-109: JUDO

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course(if any)
		Lecture	Tutorial	Practical/ Practice		
<b>BSc-PE-DSE-1(4)-109: JUDO</b>	<b>4</b>	<b>2</b>	<b>0</b>	<b>2</b>	<b>Class XII pass</b>	<b>Nil</b>

**Learning Objective:-**The Students will acquire knowledge and understanding of a specific sport in which an individual wishes to excel.

**Learning Outcomes:** After completing the course, the students will be able to:

1. Understand, interpret and analyze proficiency in a game of one's choice.
2. Identify Historical Development, Organizational Structure and Playfield Technology of the respective sport/game.
3. Understand and interpret the rules of game as well as game knowledge in the areas of psychological basis
4. Acquire various skills of sports
5. Evaluate fitness and skill test as well as the evaluate player's performance.
6. Understand fitness components and its forms.
7. Evaluate different components of fitness
8. Enhance performance on the basis of knowledge gained in understanding various fitness components.
9. Construct different Field/Courts for the game.

#### **THEORY SYLLABUS (30 HOURS)**

##### **UNIT-I (08 HOURS)**

- Historical Development and Modern Trends (National and International Level)
- Organizational structure (State, National and International Level)
- Introduction to Judo Dojo

##### **UNIT-II (08 HOURS)**

- Rules and their interpretation
- Team Composition
- Basis of Warming up and cooling down and its effect.

##### **UNIT-III (07 HOURS)**

- Techniques of Coaching – Pep talk, Pre, during, and post-match coaching.
- Basic skills and techniques of the skills
- Drills to improve skills in Judo

#### **UNIT-IV (07 HOURS)**

- Introduction to Physical Fitness components: Strength, Speed, Endurance, Coordinative Abilities and Flexibility.
- Importance of skill-related components for Judo performance

#### **PRACTICAL SYLLABUS - (60 HOURS)**

- Learning and demonstrating various skills/techniques of sports.
- Learning to demonstrate various tests to evaluate motor components as listed in UNIT IV above.

#### **SUGGESTED READINGS**

1. Bompa O. Tudor and Half G. Gregory. (2009) "Periodization Theory and Methodology of Training" Human Kinetics. NY.
2. Diago, T. (2005). Kodokan Judo Throwing Techniques. Kodansha International Publishers, Japan.
3. Harrison EJ (2002). Coaching Successfully Judo. Sports. Delhi.
4. Jain D (2003). Play and Learn Judo. Khel Sahitaya Kendra. New Delhi.
5. Law, M (2009). Falling Hard: A Journey into the World of Judo. Trumpeter Publisher, Japan.
6. Putin, V, Shestakov, V. Adevitsky, A. (2004). Judo: History, Theory and Practice. Blue Snake Books, Moscow.
7. Singh, Hardayal. (2019). Science of Sports Training. DVSPublication, N. Delhi.
8. Takahashi M. (2005). Mastering Judo. Human Kinetics, USA.

**Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.**