

Semester-V
BSc-PE-DSE-3 (4)-301 (ix):JUDO

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical / Practice		
BSc-PE-DSE-3 (4)-301 (ix): JUDO	4	2	0	2	ClassXII pass	NIL

Learning Outcome: - The learner will be able to use the knowledge of Judo and will have a command on the basic and advance rules and regulations of Judo and conducting a tournament.

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

1. Organize -Select teams and conduct camps
2. Analyze Performance and Videos
3. Understand Prerequisites of preparation and training
4. Marking, constructing and maintain Field/court,
5. Officiate and Coach with an understanding of Duties/responsibilities
6. Identifies Protocols of referees, judges, umpires, Roles of sports psychologists, sports physiotherapists, and fitness trainers
7. Train children, beginners, intermediate players (advanced sportspersons) seniors (high-performance sportspersons)
8. Apply Safety measures and prevent injuries
9. Manage injuries' Causes
10. Rehabilitate and massage athletes
11. Organize Competitions
12. Identify classification and components of nutrition and energy requirements of athletes in specified events
13. Train motor components through technical preparation
14. Conduct Tests (AAHPERD Youth Fitness Test, AAHPHER Health Related Fitness Test, National Physical Efficiency Test, Indiana Motor Fitness Test)
15. Observe techniques, statistical techniques and scouting charts.

THEORY SYLLABUS (30 HOURS)

UNIT-I TECHNICAL PREPARATION FOR JUDO (8 HOURS)

- 1.1 Required motor abilities
- 1.2 Technical preparation and grading system
- 1.3 Competition area, equipment, etc.
- 1.4 Physical, physiological and psychological preparation
- 1.5 Officiating and Coaching-Qualifications, qualities and Responsibilities of a Coach,
philosophy of coaching, Qualifications and responsibilities/functions of technical officials,

UNIT-II SYSTEMATIZATION OF TRAINING PROCESS AND SAFETY MEASURES (8 HOURS)

- 2.1 Systematizing training process for players – warming up, cooling-down, supplementary exercises, basic skills, weight training, circuit-training
- 2.2 Training for beginners, Training for intermediate players, Training for high performers
- 2.3 Prevention of injuries Causes and remedies of injuries in judo and safety measures

UNIT-III DIET, NUTRITION AND SPORTS PERFORMANCE (7 HOURS)

- 3.1 Meaning, definition, classification, and components of nutrition
- 3.2 Energy requirements of Judokas
- 3.3 Nutritional guidelines for Judokas: pre-, during, and post competition phases

UNIT-IV MEASUREMENT AND EVALUATION (7 HOURS)

- 4.1 Fitness tests - Fitness tests- AAHPERD Youth Fitness Test, AAHPERD Health Related Fitness Test, Fleishman Physical fitness test, National Physical

Efficiency

Test, Indiana Motor Fitness Test

1.2 Skill/Playing Ability Tests for judo players –

PRACTICAL (60 HOURS)

1. Warming-up (general and specific), cooling down, supplementary and stretching exercises
2. Demonstration of judo techniques
3. Variations and combination of judo techniques
4. Training in fundamentals of judo
5. Visit to a Judo Centre
6. Planning for competitions
7. Organization of a competition/seminar/workshop/clinic

SUGGESTED READINGS

1. Harrison, E.J.,(2002) Coaching Successfully Judo, Delhi: Sports,.
2. Jain, D., (2003) Play and Learn Judo, New Delhi: Khel Sahitya Kendra,.
3. Putin, V, Shestakov, V. ad evitsky, A.(2004). Judo: History, Theory and Practice. Blue Snake Books, Moscow.
4. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi.

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