

## Course Syllabus

### **Introduction to Judo History, Judo in Society and Judo Didactics 15 Credits\*, First Cycle**

#### **Learning Outcomes**

Upon completion of the course, students will be able to:

- give an account of the history and values on which judo is based, and apply and problematise these in relation to contemporary social challenges
- describe the importance of judo for the achievement of the UN 2030 Agenda sustainable development goals to promote well being, gender equality and equal opportunities (goals 3, 5 and 10 respectively) from a global and national perspective
- problematise other potential opportunities where judo could contribute to the achievement of additional sustainability goals outlined in the UN 2030 Agenda
- explain the general physical principles that underlie judo techniques
- explain and demonstrate the practical application of basic didactic models of knowledge transfer associated with technical aspects of judo across the range of practitioner categories
- explain and apply basic principles for planning a judo lesson for different target groups
- explain the basic safety aspects of judo training and competition.

#### **Course Content**

The course highlights the origins and early development of judo in relation to societal influences at the time. It follows the progression of judo from its founding principles and its modern history, and the role that the challenges of historical and contemporary society play in its current form. The potential of judo to contribute to sustainability development as outlined in the UN 2030 Agenda is also discussed. The course examines the general physical and biomechanical principles behind the various techniques performed in judo, and the basic didactic models for knowledge transfer in relation to these techniques are described, analysed, put into practice and discussed. Short term planning of judo training is addressed and problematised, and central aspects of safety in judo training and competition are specified and discussed.

#### **Assessment**

Practical exams, active participation in seminars and written assignments.

**Forms of Study**

Workshops, practical sessions, lectures and seminars.

**Grades**

The Swedish grades U–G.

Number of credits:

- Introduction to judo history, judo in society and judo didactics, 15 credits

**Prerequisites**

General entry requirements

**Other Information**

The course is given in collaboration with the Swedish Judo Federation.

The course cannot be accredited in a Dalarna University degree along with the course Introductory Powerlifting Didactics. 15 Credits.

**Subject:**

Sport and Health Science

**Group of Subjects:**

Sport Science

**Disciplinary Domain:**

Medicine, 50%

Social Science, 50%

**This course can be included in the following main field(s) of study:**

1. Sport and Health Science

**Progression Indicator within (each) main field of study:**

1. G1N

**Approved:**

Approved 14 February 2020

Valid from 31 August 2020

**Revised:**

Revised, 18 May 2020

Revision is valid from 18 May 2020