



## Information about the subject

**Degree:** Bachelor of Sciences of Physical Activity and Sport

**Faculty:** Faculty of Physical Activity and Sport Sciences

**Code:** 282065 **Name:** Judo

**Credits:** 4,50 **ECTS Year:** 4 **Semester:** 2

**Module:** 4) Optional Module.

**Subject Matter:** Adversary Sports. **Type:** Elective

**Field of knowledge:** Ciencias de la Salud

**Department:** Physical-Sports Disciplines and Activities

**Type of learning:** Classroom-based learning

**Languages in which it is taught:** Spanish

**Lecturer/-s:**

OAC19 Helio Carratala Bellod (**Responsible Lecturer**)

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## Module organization

### 4) Optional Module.

Subject Matter	ECTS	Subject	ECTS	Year/semester
Professional Itinerary Electives.	27,00	Fitness and Physical Conditioning	6,00	4/1
		Pedagogy in Educational Values in Sports and Physical Activity	6,00	4/1
		Skills, Entrepreneurship and Employment	3,00	4/2
		Sports Management of Human and Economic Resources	6,00	4/1
		Theory and Practice of Training for High Performance in Sports	6,00	4/1
Anthropology.	18,00	Anthropology	6,00	3/1
		Religion, Culture and Values	6,00	This elective is not offered in the academic year 24/25
		Science, Reason and Faith	6,00	3/2
Idiom.	9,00	Inglés Avanzado para Ciencias Actividad Física y Deporte	4,50	3, 4/2
		Inglés Intermedio para Ciencias Actividad Física y Deporte	4,50	3, 4/2
Nutrition.	4,50	Nutrition	4,50	3, 4/2



Sports Facilities.	4,50	Sports Facilities	4,50	This elective is not offered in the academic year 24/25
Methods and techniques of investigation.	4,50	Applied Research Methods and Techniques in Sport Sciences	4,50	4/2
Sports in the Natural Environment.	4,50	Sports in Nature: Specific Techniques	4,50	3, 4/2
Inclusive Activities and Practices	4,50	Inclusive Activities and Practices in the Areas of Education and Leisure Time	4,50	3, 4/2
Trends in sports practices	4,50	Trends in Sports Practices	4,50	This elective is not offered in the academic year 24/25
Direction and Management of Gyms and Sports Centers.	4,50	Gym and Sports Centre Management and Administration	4,50	This elective is not offered in the academic year 24/25
Individual sports.	22,50	Athletics	4,50	3, 4/2
		Cycling	4,50	This elective is not offered in the academic year 24/25
		Gymnastics	4,50	This elective is not offered in the academic year 24/25
		Swimming	4,50	This elective is not offered in the academic year 24/25
		Triathlon	4,50	3, 4/2



Collective Sports.	22,50	Basketball	4,50	3, 4/2
		Football	4,50	4/2
		Handball	4,50	3, 4/2
		Hockey	4,50	This elective is not offered in the academic year 24/25
		Volleyball	4,50	4/2
Adversary Sports.	18,00	Fencing	4,50	This elective is not offered in the academic year 24/25
		Judo	4,50	4/2
		Paddle	4,50	4/2
		Tennis	4,50	3, 4/2



## Learning outcomes

At the end of the course, the student must be able to prove that he/she has acquired the following learning outcomes:

- R1 Describe and identify the internal logic of the judo modality through the analysis of its functional structure and its sociocultural elements.
- R2 Describe and prioritize at a practical level the configuring elements of each of the structures (coordinative, cognitive, conditional, socio-affective and emotional-volitional) of judo at different ages and contexts (educational, recreational, competitive and therapeutic).
- R3 Scientifically substantiate the contents related to judo.
- R4 Discriminate and apply evaluation procedures and instruments to establish the degree of acquisition of sports skills in different ages and contexts (educational, recreational, competitive and therapeutic).
- R5 Investigate and interpret the closest environment in relation to judo.



## Competencies

Depending on the learning outcomes, the competencies to which the subject contributes are (please score from 1 to 4, being 4 the highest score):

GENERAL		Weighting			
		1	2	3	4
CG2	Know how to apply information and communication technologies (ICT).	x			
CG3	Develop skills to solve problems through decision making.				x
CG4	Convey any related information properly both in writing and orally.				x
CG5	Plan and organize any activity efficiently.				x
CG6	Develop interpersonal relationship skills and teamwork, both in international and national contexts and in interdisciplinary as well as non-interdisciplinary teams.			x	
CG7	Be able to carry out critical reasoning using the knowledge acquired.			x	
CG9	Know and act within the ethical principles necessary for proper professional practice.				x
CG10	Develop skills for adaptation to new situations and for autonomous learning.			x	
CG11	Develop skills for creativity, initiative and entrepreneurship.		x		
CG12	Develop leadership skills.		x		
CG13	Be able to apply theoretical knowledge in practice.				x
CG14	Use the internet properly as a means of communication and as a source of information.	x			
CG15	Transmit the knowledge acquired both to people specialized in the matter and to people not specialized in The subject in question.			x	
CG16	Understand the proposals of other specialists and communicate with them, both in their language and in a second language foreign.		x		



CG18 Be able to self-evaluate.

X

CG19 Develop habits of excellence and quality in professional practice.

X

SPECIFIC	Weighting			
	1	2	3	4
CE 1.1 Understand, develop and know how to apply the procedures, strategies, activities, resources, techniques and methods involved in the teaching-learning process efficiently, developing the entire course of action in all sectors of intervention professional of physical activity and sports (formal and informal physical-sports education; physical and sports training; exercise physical for health; direction of physical activity and sport).				X
CE 1.3 Communicate and interact appropriately and efficiently, in physical and sporting activity, in diverse intervention contexts, demonstrating teaching skills in a conscious, natural and continuous way.				X
CE 2.1 Adapt the educational intervention to the individual characteristics and needs for the entire population and with emphasis on special populations such as: schoolchildren, the elderly (elderly), people with reduced mobility and Know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different areas, contexts and types of activities for the entire population and with an emphasis on populations of a special nature such as: the elderly (elderly), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and / or prescribed by a doctor), taking into account gender and diversity. diversity.			X	



CE 4.1 Fluently develop procedures and protocols to solve unstructured, unpredictable and growing problems complexity, articulating and displaying a domain of the elements, methods, processes, activities, resources and techniques that make up basic motor skills, physical activities, sports skills, play, expressive body activities and dance, and activities in nature in an appropriate, efficient, systematic, varied and methodologically integrated way for all the population and with emphasis on populations of a special nature such as: older people (seniors), schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and / or prescribed by a doctor), attending to gender and diversity and in any sector of professional intervention of physical activity and sport (teaching formal and informal physical-sports; physical and sports training; physical exercise for health; direction of physical activity and sport).

X

CE 4.2 Elaborate fluently procedures and protocols to solve unstructured, unpredictable and difficult problems. increasing complexity, articulating and displaying a domain of the elements, methods, procedures, activities, resources, techniques and processes of physical condition and physical exercise in an adequate, efficient, systematic, varied and integrated way methodologically for the entire population and with emphasis on special populations such as: older people (elderly), schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and / or prescribed by a doctor), taking into account gender and diversity and in any sector of professional intervention of activity physics and sport.

X

CE 4.3 Develop and implement the technical-scientific evaluation of the elements, methods, procedures, activities, resources and techniques that make up the manifestations of movement and processes of physical condition and physical exercise; having take into account the development, characteristics, needs and context of individuals, different types of population and spaces where physical activity and sports are carried out; in the various sectors of professional intervention and with an emphasis on populations of special character.

X

CE 5.1 Analyze, diagnose and evaluate the elements, structure, situation and characteristics of all types of organizations of physical activity and sport as well as the legislative and legal elements related to physical and sporting activity.

X





CE 7.2 Know, elaborate and know how to apply the ethical-deontological, structural-organizational conditions, professional performance and the regulations for the professional practice of Graduates in Physical Activity and Sports Sciences, in any sector professional of physical activity and sports (formal and informal physical-sports education; physical and sports training; exercise physical for health; direction of physical activity and sports); as well as being able to develop a multidisciplinary work

X



## Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
R1, R2, R3, R4, R5	30,00%	Carrying out a project.
R1, R2, R3	10,00%	Written / oral and / or practical tests.
R2	30,00%	Active participation.
R1, R2, R3, R4, R5	15,00%	Oral presentation of individual and / or group works.
R1, R3, R5	15,00%	Autonomous work.

### Observations

- The student may keep the evaluation instruments passed during the 3 years following the first registration.
- It is necessary to obtain a 50% in the following instruments (if this criterion is not met, the student will be graded with a maximum of 4.5 in that exam session):
  - Written/oral and/or practical tests
  - Realization of a project
  - Exhibition of individual/group work
  - Active participation
- Attendance to the practical sessions indicated in the schedule is mandatory. In case of not attending 80%, the student will not be evaluated during that academic year according to article 8 of the UCV exam regulations (it will appear as Not Presented).

### SPECIFICATIONS TO THE EVALUATION INSTRUMENTS

#### **Written/oral and/or practical tests**

A single final exam will be taken on the dates of the official convocation.  
The exam will consist of a multiple-choice test of between 15 and 20 questions of 4 options (1 wrong subtracts 33.3%).

#### **Realization of a project**

To carry out a group Programming Unit of some of the contents developed in the subject.

#### **Oral presentation of individual and/or group work.**

Practical group exposition of the Programming Unit of the instrument of the realization of the project, where:



- Group section: 10%.
- Individual section: 5%.

### Active participation

The degree of active participation in the practical classes will be assessed through the use of a rubric, which will be posted on the platform available to the student.

### Autonomous work

Delivery of the completed attendance form as an observer of at least one competition or federative training.

The form will be posted on the platform available to the student.

*The detailed explanation (procedure for the work) as well as the evaluation tools (worksheets or rubrics) of each section will be posted on the platform of each group at the student's disposal.*

## Learning activities

The following methodologies will be used so that the students can achieve the learning outcomes of the subject:

- |    |   |
|----|---|
| M2 | Group dynamics and activities.          |
| M3 | Practical lesson.                       |
| M4 | Presentation of content by the teacher. |
| M5 | Laboratory practices.                   |
| M8 | Resolution of problems and cases.       |



## IN-CLASS LEARNING ACTIVITIES

	LEARNING OUTCOMES	HOURS	ECTS
<b>THEORETICAL CLASS:</b> Presentation of contents by the teacher. Competency analysis. Demonstration of capabilities, skills and knowledge in the classroom. M2, M4	R1, R2, R3	14,50	0,58
<b>PRACTICAL CLASS / SEMINAR:</b> Group dynamics and activities. Resolution of problems and cases. Practical laboratories. Data search, computer room, library, etc. Meaningful construction of knowledge through interaction and student activity. M2, M3, M4, M8	R2, R4	24,80	0,99
<b>TUTORING:</b> Supervision of learning, evolution. Small group discussion. Resolution of problems and cases. Presentation of results before the teacher. Presentation of diagrams and indexes of the proposed works. M4, M8	R1, R3, R4, R5	1,70	0,07
<b>EVALUATION:</b> Set of oral and / or written tests used in the evaluation of the student, including the oral presentation of the final degree project. M2, M8	R1, R2, R3, R5	4,00	0,16
<b>TOTAL</b>		<b>45,00</b>	<b>1,80</b>



## LEARNING ACTIVITIES OF AUTONOMOUS WORK

	LEARNING OUTCOMES	HOURS	ECTS
GROUP WORK: Problem solving. Preparation of exercises, memoirs, to expose or deliver in classes and / or in tutoring. M2, M8	R1, R3, R4, R5	25,00	1,00
SELF-EMPLOYED WORK: Study, individual preparation of exercises, works, memories, to expose or deliver in classes and / or in tutoring. Platform activities or other virtual spaces. M2, M4, M8	R1, R3, R4, R5	42,50	1,70
<b>TOTAL</b>		<b>67,50</b>	<b>2,70</b>



## Description of the contents

Description of the necessary contents to acquire the learning outcomes.

### Theoretical contents:

Content block	Contents
1. Characterization and conceptualization of the sport of judo	1.1. Conceptual historical approach and classification of fighting sports 1.2. Historical-cultural background of judo 1.3 Attitudinal aspects of judo participation: values ??and judo
2. Configuring factors of the functional structure of judo	2.1. Conceptual aspects of judo and classification of its contents 2.2. Regulatory aspects: the regulation
3. Basic technical and tactical fundamentals of judo	3.1. Ground Judo Fundamentals 3.2. Immobilization, strangulation and dislocation techniques 3.3. falls 3.4. foot judo fundamentals 3.5. projection techniques
4 Judo teaching methodology	4.1. The teaching-learning process in judo. 4.2. Judo in school physical education 4.3. Judo as a tool for improvement in special populations (youth with SEN and the elderly population)



## Temporary organization of learning:

Block of content	Number of sessions	Hours
1. Characterization and conceptualization of the sport of judo	2,00	4,00
2. Configuring factors of the functional structure of judo	2,00	4,00
3. Basic technical and tactical fundamentals of judo	20,00	40,00
4 Judo teaching methodology	6,00	12,00



## References

### BASIC REFERENCES

- Atencia, D. (2000). *Deportes de lucha*. INDE.
- Carratalá, V. y Carratalá, E. (2000). *Judo*. Ministerio de Educación, Cultura y Deportes. Consejo Superior de Deportes.
- Carratalá, V. y Galán, E. (2017). Judo. Del descubrimiento a la formación. *Federación Gallega de Judo y NKL Noris*.
- Carratalá, V.; Gutierrez, M.; Guzman, J.; Pablos, C. (2011). Percepción del entorno deportivo juvenil por deportistas, padres, entrenadores y gestores. *Revista de Psicología del Deporte*. 20 - 2, pp. 337 - 352.
- Castarlenas, J. L., & Molina, P. (2002). *El judo en la educación física escolar*. Hispano Europea.
- Espartero, J. y Villamón, M. (2009). La utopía educativa de Jigoro Kano: el judo Kodokan. *Recorde: Revista de História do Esporte*, 2(1), junio.[Disponible en: [http://www.sport.ifcs.ufrj.br/recorde/pdf/recordeV2N1\\_2009\\_11.pdf](http://www.sport.ifcs.ufrj.br/recorde/pdf/recordeV2N1_2009_11.pdf)].
- Espartero, J., Villamón, M. y González, R. (2011). Artes marciales japonesas: prácticas corporales representativas de su identidad cultural. *Movimiento*, 17(3), 39-55. Disponible: <http://seer.ufgrs.br/Movimento/article/view/21569/14235>
- García- García, J.M. (2012). *Rendimiento en judo*. Onporsport
- García J.M., Carratalá V., Sterkowicz, S. & Molina R. (2009). A study of the difficulties involved in introducing Young children to judo techniques: A proposed teaching programme. *Archives of Budo*, 5, 121-126.
- Harrington, P., Mifune, K. y Nishioka, H. (2005). *El libro total del Judo*. Tutor.
- I.J.F., Reglamento de Arbitraje de la Federación Internacional de Judo. [Disponible en: [http://www.intjudo.eu/IJF\\_Referee\\_Rules/Spanish\\_Version/\\_Spanish\\_Version](http://www.intjudo.eu/IJF_Referee_Rules/Spanish_Version/_Spanish_Version)].
- Villamón, M. (dir.) (2005). *Introducción al judo*. Barcelona: Hispano Europea. [2ª ed.].

### COMPLEMENTARY REFERENCES

- Broussal- Derval, A. (2019). *La preparación física para el judo*. Tutor.
- Broussal- Derval, A. y Ganneau, S. (2017). *El arte moderno del entrenamiento de alta intensidad*. Tutor.
- Carratalá-Bellod, H. & Guzmán-Luján, J. F. (2022). "Analysis of psychological variables predicting stress and sports-academic engagement in judokas". *RICYDE. Revista Internacional de Ciencias del Deporte*. 70(18), 219- 234. <https://doi.org/10.5232/ricyde2022.07002>
- Carratala, V.; Marco-Ahullo, A; Carratalá I; Carratalá H; Bermejo J.L. (2019). Judo as a tool for social integration in adolescents at risk of social exclusion: A pilot study. *Journal of human sport and exercise*. 15,1 - 15.
- Hernández- García, R. (Coordinadora) (2018). *Nuevas perspectivas sobre Metodología y Entrenamiento en Judo*. Wanceulen Editorial.
- Boyle, M. (2017). *El entrenamiento funcional aplicado a los deportes*. Tutor.





## WEBSITES OF INTEREST

- <https://www.rfejudo.com/>
- <https://judotraining.info/>
- <https://www.ijf.org/>
- <https://www.eju.net/>
- <http://hajimejudo.blogspot.com/>
- <http://www.fvaljudo.es/es/>