



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: Health Sciences

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
Inclusive Activities and Practices	4,50	Inclusive Activities and Practices in the Areas of Education and Leisure Time	4,50	3, 4/2
Anthropology.	12,00	Anthropology	6,00	3/1
		Science, Reason and Faith	6,00	3/2
Collective Sports	22,50	Basketball	4,50	3, 4/2
		Football	4,50	3, 4/2
		Handball	4,50	3, 4/2
		Hockey	4,50	This elective is not offered in the academic year 25/26
		Volleyball	4,50	4/2
Adversary Sports	18,00	Fencing	4,50	This elective is not offered in the academic year 25/26
		Judo	4,50	4/2
		Paddle	4,50	4/2
		Tennis	4,50	3, 4/2



Sports in the Natural Environment	4,50	Sports in Nature: Specific Techniques	4,50	3, 4/2
Individual sports	22,50	Athletics	4,50	3, 4/2
		Cycling	4,50	This elective is not offered in the academic year 25/26
		Gymnastics	4,50	This elective is not offered in the academic year 25/26
		Swimming	4,50	This elective is not offered in the academic year 25/26
		Triathlon	4,50	3, 4/2
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 25/26
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
Sports facilities	4,50	Sports Facilities	4,50	This elective is not offered in the academic year 25/26
Research Methods and Techniques	4,50	Applied Research Methods and Techniques in Sport Sciences	4,50	3, 4/2
Nutrition	4,50	Nutrition	4,50	3, 4/2



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
Trends in sports practices	4,50	Trends in Sports Practices	4,50	This elective is not offered in the academic year 25/26
Social Skills and Group Dynamics	4,50	Social Skills and Group Dynamics	4,50	This elective is not offered in the academic year 25/26



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 judo through the analysis of its functional structure and sociocultural elements.
- R2 Describe and practically prioritize the configurative elements of each structure (coordination, cognitive, conditional, socio-affective, and emotive-volitional) in judo across different ages and contexts (educational, recreational, competitive, and therapeutic).
- R3 Scientifically justify content related to judo.
- R4 Apply assessment procedures and instruments to determine the acquisition level of sports skills in different ages and contexts (educational, recreational, competitive, and therapeutic).
- R5 Investigate and interpret the immediate 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):

Weighting				
1	2	3	4	



Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
R1, R2, R3	10,00%	Written and/or practical tests.
R1, R2, R3, R4, R5	30,00%	Individual or Group Work / Project.
R2	30,00%	Exercises and Practices in the Classroom.
R1, R2, R3, R4, R5	15,00%	Oral tests or presentation.
R1, R3, R5	15,00%	Non-face-to-face autonomous work.

Observations

- This course is NOT susceptible to requesting a single evaluation according to article 10.3 of the GENERAL RULES FOR EVALUATION AND GRADING OF OFFICIAL COURSES AND UCV's OWN DEGREES.
- The student will be able to keep the evaluation instruments passed during the 3 years following the first enrollment.
- It is necessary to obtain a 50% in the following instruments:
 - Written and/or practical tests
 - Individual or group work/project.
 - Oral tests or exposition
 - Exercises and Practices in the Classroom.
- Attendance to all practical sessions indicated in the schedule is compulsory. Additionally for this subject, in case of not attending 70% of these, the student will fail the two calls of the course, having to recover them in the following enrollment.
- In case of not complying with any of these criteria, the student will be graded with a maximum of 4.5.

SPECIFICATIONS TO THE EVALUATION INSTRUMENTS

Written and/or practical tests

A single final exam will be given 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 subtract 33.3%).



Individual or Group Work/Project

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

Oral tests or exposition

Group practical exposition of the Programming Unit of the instrument of the realization of the project, where:

- Group part: 10%
- Individual part: 5%

Exercises and Practices in the Classroom

A reflection task (forum) will be carried out at the end of each practical session, which can only be done by those students who have attended the session.

Non-attendance 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 at the student's disposal.

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.



Use of Artificial Intelligence Tools in the CAFD Degree Program

Use of Artificial Intelligence tools in the CAFD degree program In the Bachelor's Degree in Physical Activity and Sports Sciences (CAFD), the use of Artificial Intelligence (AI) tools is permitted in a complementary and responsible manner, as long as it contributes to active learning, the development of critical thinking, and the improvement of students' professional skills. Under no circumstances should AI replace personal effort, direct practice, or independent reflection, which are fundamental pillars of this degree program.

Permitted Uses of AI:

- Obtaining alternative explanations of theoretical or methodological concepts.
- Generating outlines, concept maps, or summaries to support study.
- Simulating interviews, questionnaires, or training sessions as part of methodological or research practices.
- Receiving feedback on report writing, provided that the original content is the student's own.
- Supporting the search for bibliography or scientific references, always contrasting with reliable and real academic sources, and respecting the CAFD regulations for the presentation of university work.

Prohibited Uses of AI:

- Writing complete sections of academic papers, classroom exercises and practices, internship reports, journals, or portfolios, as well as the Final Degree Project.
- Formulating hypotheses, objectives, or conclusions for academic work.
- Replacing qualitative or quantitative data analysis with automated tools without human validation.
- Creating videos, presentations, or avatars with AI as a substitute for the student's oral or practical presentation.
- Obtaining automatic answers to tests, rubrics, or assessable activities through the use of AI.

Citation and Attribution Guidelines:

- Any use of AI tools must be explicitly acknowledged in the submitted document (e.g., in a footnote or appendix).
- The name of the tool, the purpose of use (e.g., grammatical review, organization of ideas, interview simulation), and where it was used in the work must be indicated.
- Responsible use of AI will be evaluated within the framework of originality, academic honesty, and digital competence.

Additional recommendations:

Students are encouraged to combine the use of AI with traditional methods (manual problem solving, practical session design, direct observation, etc.) to ensure the comprehensive development of their skills.



If there are any doubts about the permitted use of AI in a specific activity, students should consult the faculty responsible for the course.

Learning activities

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

- M1 Attendance at practices.
- M2 Resolution of problems and cases.
- M3 Discussion in small groups.
- M4 Practical laboratories.
- M5 Presentation of content by the teacher.
- M6 Practical lesson.
- M7 Group dynamics and activities.



IN-CLASS LEARNING ACTIVITIES

	LEARNING OUTCOMES	HOURS	ECTS
THEORETICAL CLASS: Presentation of contents by the teacher. Competency analysis. Demonstration of capabilities, skills and knowledge in the classroom. M5, M7	R1, R2, R3	14,50	0,58
PRACTICAL CLASS / SEMINAR: Group dynamics and activities. Resolution of problems and cases. Practical laboratories. Data search, computer classroom, library, etc. Meaningful construction of knowledge through student interaction and activity. M2, M5, M6, M7	R2, R4	24,80	0,99
EVALUATION: Set of oral and/or written tests used in the evaluation of the student, including the oral presentation of the final degree project. M2, M7	R1, R2, R3, R5	4,00	0,16
TUTORING: Supervision of learning, evolution. Discussion in small groups. Resolution of problems and cases. Presentation of results before the teacher. Presentation of diagrams and indexes of the proposed works. M2, M5	R1, R3, R4, R5	1,70	0,07
TOTAL		45,00	1,80



LEARNING ACTIVITIES OF AUTONOMOUS WORK

	LEARNING OUTCOMES	HOURS	ECTS
GROUP WORK: Problem solving. Preparation of exercises, memoirs, to present or deliver in classes and/or in tutoring. M2, M7	R1, R3, R4, R5	25,00	1,00
SELF-EMPLOYED WORK: Study, Individual preparation of exercises, assignments, reports, to present or deliver in classes and/or in tutoring. Activities in platform or other virtual spaces. M2, M5, M7	R1, R3, R4, R5	42,50	1,70
TOTAL		67,50	2,70



Description of the contents

Description of the necessary contents to acquire the learning outcomes.

Theoretical contents:

Content block	Contents
BLOCK 1	1.1. Historical and conceptual approach and classification of wrestling sports.1.2. Historical-cultural background of judo1.3. Attitudinal aspects of judo participation: values and judo
BLOCK 2	2.1. Conceptual aspects of judo and classification of its contents2.2. Normative aspects: the regulations
BLOCK 3	3.1. Fundamentals of ground judo3.2. Immobilization, strangulation and dislocation techniques 3.3.3.4. Fundamentals of standing judo3.5. Projection techniques
BLOCK 4	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 elderly population).



Temporary organization of learning:

Block of content	Number of sessions	Hours
BLOCK 1	2,00	4,00
BLOCK 2	2,00	4,00
BLOCK 3	20,00	40,00
BLOCK 4	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. *Revista de História do Esporte*, 2(1), junio.[Disponible en:http://www.sport.ifcs.ufrj.br/record/pdf/recordV2N1_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.ufrgs.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].
- Villamón, M. (dir.) (2005). *Introducción al judo*. Barcelona: Hispano Europea. [2ª ed.].

ADDITIONAL REFERENCES:

- Almeida, F.; Carratalá, H.; Carratalá, V.; Feriche, B.; Padial, P. & Bonitch-Góngora, J. (2022) Influence of lower-limb muscle power-related variables on the ippon-seoi-nage of elite judokas. *International Journal of Performance Analysis in Sport*, 22:5, 670-683, DOI: 10.1080/24748668.2023.2176102
- 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>
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·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.

WEBS:

·<https://www.rfejudo.com/>

·<https://judotraining.info/>

·<https://www.ijf.org/>

·<https://www.eju.net/>

·<http://hajimejudo.blogspot.com/>

·<http://www.fvaljudo.es/es/>