



Division: INSTRUCTIONAL DATE: 05 October 1995

B: Faculty: SCIENCE & TECHNOLOGY New Course: \_\_\_\_\_

Department: Physical Education Revision of Course Information form: X

DATED: 19 January 1995

C: PHED 314 D: Performance Analysis:Wrestling and Judo E: 3  
 Subject & Course No. Descriptive Title Semester Credit

**F: Calendar Description:**  
 In this course, the combatant sports of wrestling and judo will be analyzed from theoretical and practical points of view. Emphasis will be upon students demonstrating knowledge of the nature, performance and strategies of each sport and to correctly apply appropriate methods of analysis and instruction of the biomechanical, physiological, technical and tactical aspects of both sports.

**Summary of Revisions:**  
 (Enter date & section)  
 Ex: Section C,E,F, &R  
 Sections: F.; O. 7; P. 7; 5 October 1995

**G: Type of Instruction: Hours Per Week/ Per Semester**

|                           |                 |              |
|---------------------------|-----------------|--------------|
| Lecture                   | <u>4</u>        | Hrs.         |
| Laboratory                | _____           | Hrs.         |
| Seminar                   | _____           | Hrs.         |
| Clinical Experience       | _____           | Hrs.         |
| Field Experience          | _____           | Hrs.         |
| Practicum                 | _____           | Hrs.         |
| Shop                      | _____           | Hrs.         |
| Studio                    | _____           | Hrs.         |
| Student Directed Learning | _____           | Hrs.         |
| Other                     | _____           | Hrs.         |
| <b>TOTAL</b>              | <b><u>4</u></b> | <b>HOURS</b> |

**H: Course Prerequisites:**  
PHED 263

**I: Course Corequisites:**  
NIL

**J: Course for which this course is a pre-requisite**  
NIL

**K: Maximum Class Size:**  
35

**L: College Credit Transfer** X  
 College Credit Non-Transfer \_\_\_\_\_

**M: Transfer Credit:**  
 Requested X  
 Granted \_\_\_\_\_  
 Specify Course Equivalents or Unassigned Credit as Appropriate

U.B.C. HKIN 210  
 S.F.U.  
 U. Vic. 1 unit unassigned (100 level)  
 OTHER:

*Hert van Nieuw*  
 COURSE DESIGNER(S)

*[Signature]*  
 VICE PRESIDENT (Instruction)

*[Signature]*  
 DEAN

*P. H. [Signature]*  
 REGISTRAR

A: Division: **Applied Programs**  
 B: Department: **Child, Family & Community Studies**  
 Program: **Physical Education**

Date: **5 October 1995**  
 New Course:  
 Revision of Course Information form: **X**  
**19 January 1995**

C: **PHED 314** D: **Performance Analysis: Wrestling and Judo** E: **3**  
 Subject & Course No. Descriptive Semester Credit

F: Calendar Description:  
 In this course, the combatant sports of wrestling and judo will be analyzed from theoretical and practical points of view. Emphasis will be upon students demonstrating knowledge of the nature, performance and strategies of each sport and to correctly apply appropriate methods of analysis and instruction of the biomechanical, physiological, psychological, technical and tactical aspects of both sports.

Summary of Section on C,E,F

G: Type of instruction: Hrs per week / per semester  
 Lecture/Practice **4** Hrs.  
 Laboratory: Hrs.  
 Seminar: Hrs.  
 Clinical Experience: Hrs.  
 Field Experience: Hrs.  
 Practicum: Hrs.  
 Shop:  
 Studio:  
 Student Directed Learning:  
 Other (Specify):  
 Total:

H: Course Prerequisites:  
**PHED 263**

I: Course Corequisites:  
 Nil

Course for which this Course is a Prerequisite:

Nil

Maximum Class Size:

35

L: College Credit  
 College Credit Non-Credit

|                  |            |          |
|------------------|------------|----------|
| Transfer Credit: | Requested: | <b>X</b> |
|                  | Granted:   |          |

Specify Course Equivalents or Unassigned Credit as appropriate:

U.B.C. **HKIN 210**  
 S.F.U.  
 U. Vic. **1 unit unassigned (100 level)**  
 Other:

*David McKay*  
 (David McKay/Gert van Nijkerk)  
 Course Designer(s)

*Reinard Wilson*  
 Divisional Dean

*Gert van Nijkerk*  
 Director/Chairperson

Registrar

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**N. TEXTBOOKS AND MATERIALS TO BE PURCHASED BY STUDENTS:**

Canadian Amateur Wrestling Association. (1986), Wrestling Level I. Canadian Amateur Wrestling Association, Gloucester, Ontario.

Judo Canada. (1978), Judo Level I. Judo Canada, Gloucester, Ontario.

McKay, David. (1993), Introduction to Wrestling. Canadian Amateur Wrestling Association, Gloucester, Ontario.

**O. COURSE OBJECTIVES**

Upon completion of this course, the student will be able to:

1. describe the conceptual nature of wrestling and judo
2. demonstrate an understanding of the basic principles of biomechanics and physics that apply to wrestling and judo play
3. describe the physiological parameters of wrestling and judo
4. describe and demonstrate a practical knowledge of wrestling techniques
5. describe and demonstrate a practical knowledge of judo techniques
6. describe the tactics and strategies involved in the performance of wrestling and judo
7. demonstrate an understanding of the appropriate pedagogical principles for effect instruction of wrestling and judo.

**P. COURSE CONTENT**

1. CONCEPTS

The student will:

- 1.1 describe the historical development of the sport
- 1.2 describe the terminology of the sport
- 1.3 describe the rule concepts

**2. BIOMECHANICS AND PHYSICS**

The student will:

- 2.1 explain in biomechanical terms how to achieve human efficiency, power and force in setups, execution, and finishing phases of individual techniques
- 2.2 explain the physics principles relating to fundamental movement patterns and force application.

**3. PHYSIOLOGY**

The student will:

- 3.1 describe the physiological parameters of the sports of wrestling and judo
  - 3.1.1 warm up techniques
  - 3.1.2 energy systems; aerobic, anaerobic alactic, anaerobic lactic
  - 3.1.3 muscular strength, power, endurance
  - 3.1.4 flexibility
  - 3.1.5 agility
  - 3.1.6 warm down, overload techniques

**4. WRESTLING TECHNIQUES**

The student will:

- 4.1 describe movement patterns
- 4.2 demonstrate the stance techniques
- 4.3 demonstrate the pinning techniques
- 4.4 demonstrate ground wrestling techniques
- 4.5 demonstrate standing wrestling techniques

**5. Judo Techniques**

The student will:

- 5.1 describe breakfall progressions
- 5.2 demonstrate standing techniques
- 5.3 demonstrate ground techniques.

6. Tactics and Strategies

The student will:

- 6.1 describe a theoretical knowledge and analysis of wrestling and judo tactics and strategies.

7. Pedagogical Principles

The student will:

- 7.1 describe and demonstrate teaching methodologies relating to appropriate skill progressions
- 7.2 describe and demonstrate knowledge of drill construction
- 7.3 describe and demonstrate knowledge of combative games relating to skill acquisition.

**Q. METHOD OF INSTRUCTION**

The course will be divided between:

- 1. Lecture
- 2. Practical applications and experiences
- 3. Field observation
- 4. Guest presenters
- 5. Technology assisted learning
- 6. Assigned readings

**R. COURSE EVALUATION**

|                       |            |
|-----------------------|------------|
| Participation         | 10%        |
| Mid-term Examination  | 20%        |
| Final Examination     | 10%        |
| Term Project          | 30%        |
| Practical Application | <u>30%</u> |
|                       | 100%       |