



CURRICULUM GUIDELINES

A: Division: **Science & Technology** Date: **November 23, 2000**
B: Department/ Program Area: **Sport Science** New Course Revision
 If Revision, Section(s) Revised: **C**
 Date Last Revised: **October 5, 1995**

C: SPSC 314 **D: Performance Analysis: Wrestling and Judo** **E: 3**

Subject & Course No.	Descriptive Title	Semester Credits
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.		
G: Allocation of Contact Hours to Types of Instruction/Learning Settings Primary Methods of Instructional Delivery and/or Learning Settings: Lecture Number of Contact Hours: (per week / semester for each descriptor) 4 Number of Weeks per Semester: 14	H: Course Prerequisites: SPSC 263	
	I: Course Corequisites: None	
	J: Course for which this Course is a Prerequisite: None	
	K: Maximum Class Size: 35	
L: PLEASE INDICATE: <input type="checkbox"/> Non-Credit <input type="checkbox"/> College Credit Non-Transfer <input checked="" type="checkbox"/> College Credit Transfer: Requested <input checked="" type="checkbox"/> Granted <input type="checkbox"/> SEE BC TRANSFER GUIDE FOR TRANSFER DETAILS (www.bccat.bc.ca)		
Equivalent Courses: U.B.C. HKIN 210 U.VIC. 1 Unit unassigned (100 Level)		

M: Course Objectives/Learning Outcomes

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
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 effective instruction of wrestling and judo

N: Course Content1. 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

N: Course Content (continued)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

O: Methods of Instruction

Lecture
 Practical applications and experiences
 Field observation
 Guest presenters
 Technology assisted learning
 Assigned readings

P: 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.

Q: Means of Assessment

Participation	10%
Mid-term Examination	20%
Final Examination	10%
Term Project	30%
Practical Application	30%
TOTAL:	----- 100%

R: Prior Learning Assessment and Recognition: specify whether course is open for PLAR

Course Designer(s)

Education Council/Curriculum Committee Representative

Dean/Director

Registrar