



## IDENTIFYING DATA

### Basics of combat activities

Subject	Basics of combat activities			
Code	P02G050V01205			
Study programme	(*)Grao en Ciencias da Actividade Física e do Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Mandatory	1st	2nd
Teaching language	Spanish			
Department				
Coordinator	Gutierrez Santiago, Alfonso			
Lecturers	Gutierrez Santiago, Alfonso			
E-mail	ags@uvigo.es			
Web				
General description	The matter «Foundations of the activities of fight» gives in the second quarter of the first course of the Degree in Sciences of the Physical Activity and of the Sport.			

In this matter gives an overview of the sports and activities of fight. From a theoretical perspective tackle the different current conceptions more significant referents to the field of the sports of fight from a general point of view, and from a practical perspective realises a route through the sports of fight with hold, doing special upsetting in the judo.

Likewise, this matter is fundamental inside the plan of studies of the degree given in the University of Vigo, since it is the only, inside this, where the student has the opportunity to obtain the necessary knowledges on the field of the sports of fight, indispensable in the training of a Graduated in Sciences of the Physical Activity and of the Sport.

## Competencies

Code	
B7	Knowledge and comprehension of the foundations, structures and functions of the skills and bosses of the motricity humanizes.
B10	Knowledge and comprehension of the foundations of the sport.
B12	Application of the technologies of the information and communication (TIC) to the area of the Sciences of the Physical Activity and of the Sport.
B13	Habits of excellence and quality in the professional exercise.
B14	Managing of the scientific basic information applied to the physical activity and to the sport in his different manifestations.
B15	Aptitude to design, to develop and evaluate the processes of education - learning relative to the physical activity and of the sport, with attention to the individual and contextual characteristics of the persons.
B16	Aptitude to promote and evaluate the formation of lasting and autonomous habits of practice of the physical activity and of the sport.
B18	Aptitude to apply the physiological beginning, biomechanics, behavioral and social, to the different fields of the physical activity and the sport.
B20	Aptitude to identify the risks that stem for the health of the practice of physical inadequate activities.
B23	Aptitude to select and to be able to use the material and sports equipment adapted for every type of activity.
B24	Action inside the ethical beginning necessary for the correct professional exercise.
B25	Skill of leadership, capacity of interpersonal relation and teamwork.
B26	Adjustment to new situations, the resolution of problems and the autonomous learning.

## Learning outcomes

Expected results from this subject	Training and Learning Results
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Knowledge and understanding of the foundations, structures and functions of the skills motrices basic of the activities of fight.	B7
Knowledge and understanding of the foundations of the judo and the activities of fight.	B10
Application of the technologies of the information and communication (TIC) to the field of the activities of fight.	B12
Adaptation to new situations, resolution of problems and autonomous learning.	B26
Skill of leadership, capacity of interpersonal relation and work in team.	B25
Habits of excellence and quality in the professional exercise.	B13
Performance inside the necessary ethical principles for the correct professional exercise.	B24
Capacity to design, develop and evaluate the processes of education-relative learning to the activities of fight, with attention to the individual and contextual characteristics of the people.	B15
Capacity to promote and evaluate the training of habits perdurables and autonomous of practice of the activities of fight.	B16
Capacity to apply the physiological principles, biomecánicos, comportamentales and social, to the field of the judo and of the activities of fight.	B18
Capacity to identify the risks that derive for the health of the practice of activities of fight of unsuitable form.	B20
Capacity to select and know use the material and sportive equipment adapted for the activities of fight.	B23
Utilisation of the basic scientific information applied to the field of the judo and of the activities of fight.	B14

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## **Contents**

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Topic

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**BRIEF DESCRIPTION OF THE CONTENTS OF THE MEMORY OF VERIFICATION OF THE DEGREE:**

1. Theoretical fundamentals of the activities of fight.
2. Technical foundations-tactical and didactic of the judo and the activities of fight.
3. Formal and functional structure of the judo and the activities of fight.
4. The process of sportive initiation to the judo.

**DEVELOPMENT OF THE CONTENTS:**

They are six thematic blocks (A, B ... F). In each one of the following thematic blocks, at the end of the same and between bracket, will signal by means of the corresponding number -1,2,3,4- to which or which of the contents of the memory of verification does special reference.

A) historical Evolution of the sports of fight (1).

Description: in this thematic area realises a route through the different historical stages that has suffered the fight, from the primitive period, going through the archaic civilisations, the classical world, the half age, etc., until arriving to the actuality.

Contents:

- Brief approximation to the fight in other civilisations.
- The fight in the archaic civilisations.
- The fight in the classical world I: the fight in Greece.
- The fight in the classical world II: the fight in Rome.
- The fight in the Half Age and in the Modern Age.

B) The process of sportive institutionalisation of the activities of fight and of the Japanese martial arts (1-2-3-4).

Description: it explains which has been the process of deportivización that have experienced the fights until arriving to his full institutionalisation, realising special upsetting in figth disciplines like the judo. The evolution suffered by the judo from his origin until the actuality. They tackle the starts of the judo like a form of personal defence [ju jutsu], effecting a practical application of the most notable technicians of the judo to the most daily situations of personal defence. Like colophon of said process of deportivización presents the referee's regulation of the judo. They conceptualise and they characterise the Japanese martial arts, analysing the change suffered until his deportivización, that is to say, the transformation of the Bujutsu in Budo.

Contents:

- The fight in the Contemporary Period.
- The judo. His evolution.
- Initiation to the Ju Jutsu.
- Referee's regulation of judo.
- The martial arts: concept and characterisation. The Japanese martial arts like spiritual education: his change in incident -the deportivización-.

C) Characterisation and concept of the sports of fight (1-3).

Description: this thematic block is allocated to effect a conceptual development of the fight, clearing terms that, a priori, could seem identical for, later, establish which are the common characteristics of the different sports of fight.

Contents:

- Conceptual development of the fight: terminological explanations.
- Characteristic common of the sports of fight.

D) Classification of the sports of fight and of the technicians (1-2-3-4).

Description: in this thematic area tackle the diversity of classifications of the sports of fight in function of the distinct theoretical currents more notable. It effects a review of the technical classifications more important for, finally, realise a comparison between the technicians used in distinct sports of fight with hold, from the forms to project to the opponent against the floor until the forms of control to the opponent.

Contents:

- Classification of the sports of fight.
- The classifications of the technician in judo. Comparative technician between different sports of fight with hold.

E) Sports of fight. Generalities (1-2-4).

Description: in this thematic block tackle the most notable appearances on the ceremonial characteristic of the sports of fight. Besides, we will realise an approach to the skills motor figth.

Contents:

- Sports of fight. His ceremonial.
- The skills motor figth.

F) Foundations (Kihon) (1-2-3-4).

Description: in this thematic area will tackle foundations of the sports of fight so notable like the greeting, the posture, the hold, the falls and the phases of the technician.

Contents:

- The greeting (Rei).
- The posture (Shisei).
- The falls (Ukemi).
- The hold (Kumikata) and the phases of the technician.

<b>Planning</b>			
	Class hours	Hours outside the classroom	Total hours
Laboratory practises	30	45	75
Group tutoring	0	15	15
Master Session	22.5	33.75	56.25
Multiple choice tests	1	1.5	2.5
Practical tests, real task execution and / or simulated.	0.5	0.75	1.25

\*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

<b>Methodologies</b>	
	Description
Laboratory practises	Activities of application of the knowledges to concrete situations and of acquisition of basic skills and procedimentales related with the matter object of study. They develop in special spaces with skilled equipment (tatami).
Group tutoring	Queries that the student is supported by the profesorado of the matter in the tatami for advice/develop of activities of the matter and of the process of learning.
Master Session	Exhibition by part of the professor of the contents on the matter object of study, theoretical bases and/or guidelines of a work, exercise or project that goes to realise the student.

<b>Personalized attention</b>	
<b>Methodologies</b>	<b>Description</b>
Master Session	The personalised attention of the students will realise so much during the development of the sessions of classroom as later in the dispatch.
Laboratory practises	The personalised attention of the students will realise so much during the development of the sessions of laboratory in the tatami as later in the dispatch.
Group tutoring	The personalised attention of the studentes in the grup tutoring is especially practical and develops to demand of the students (of form individualized, by couples, or in small groups).

<b>Assessment</b>			
	Description	Qualification	Training and Learning Results

Laboratory practises	<p>The evaluation of the practical teaching will realise of continuous form by means of the control of the assistance of the *alumnado.</p> <ul style="list-style-type: none"> <li>- Knowledge and understanding of the foundations, structures and functions of the skills *motrices basic of the activities of fight.</li> <li>- Knowledge and understanding of the foundations of the *judo and the activities of fight.</li> <li>- Application of the technologies of the information and communication (TIC) to the field of the activities of fight.</li> <li>- Adaptation to new situations, resolution of problems and autonomous learning.</li> <li>- Skill of leadership, capacity of interpersonal relation and work in team.</li> <li>- Habits of excellence and quality in the professional exercise.</li> <li>- Performance inside the necessary ethical principles for the correct professional exercise.</li> <li>- Capacity to design, develop and evaluate the processes of education-relative learning to the activities of fight, with attention to the individual and contextual characteristics of the people.</li> <li>- Capacity to promote and evaluate the training of habits *perdurables and autonomous of practice of the activities of fight.</li> <li>- Capacity to apply the physiological principles, *biomecánicos, *comportamentales and social, to the field of the *judo and of the activities of fight.</li> <li>- Capacity to identify the risks that derive for the health of the practice of activities of fight of unsuitable form.</li> <li>- Capacity to select and know use the material and sportive equipment adapted for the activities of fight.</li> </ul>	Es necesario asistir al 80 de las clases prácticas	<p>B7 B10 B12 B13 B15 B16 B18 B20 B23 B24 B25 B26</p>
Multiple choice tests	<p>Examination type test or true/false.</p> <ul style="list-style-type: none"> <li>- Knowledge and understanding of the foundations, structures and functions of the skills *motrices basic of the activities of fight.</li> <li>- Knowledge and understanding of the foundations of the *judo and the activities of fight.</li> <li>- Application of the technologies of the information and communication (TIC) to the field of the activities of fight.</li> <li>- Adaptation to new situations, resolution of problems and autonomous learning.</li> <li>- Skill of leadership, capacity of interpersonal relation and work in team.</li> <li>- Habits of excellence and quality in the professional exercise.</li> <li>- Capacity to apply the physiological principles, *biomecánicos, *comportamentales and social, to the field of the *judo and of the activities of fight.</li> <li>- Capacity to select and know use the material and sportive equipment adapted for the activities of fight.</li> <li>- Utilisation of the basic scientific information applied to the field of the *judo and of the activities of fight.</li> </ul>	42	<p>B7 B10 B12 B13 B14 B18 B23 B25 B26</p>

Practical tests, real task execution and / or simulated. - Knowledge and understanding of the foundations, structures and functions of the skills *motrices basic of the activities of fight.  - Knowledge and understanding of the foundations of the *judo and the activities of fight.  - Application of the technologies of the information and communication (TIC) to the field of the activities of fight.  - Adaptation to new situations, resolution of problems and autonomous learning.  - Skill of leadership, capacity of interpersonal relation and work in team.  - Habits of excellence and quality in the professional exercise.  - Performance inside the necessary ethical principles for the correct professional exercise.  - Capacity to design, develop and evaluate the processes of education-relative learning to the activities of fight, with attention to the individual and contextual characteristics of the people.  - Capacity to promote and evaluate the training of habits *perdurables and autonomous of practice of the activities of fight.  - Capacity to apply the physiological principles, *biomecánicos, *comportamentales and social, to the field of the *judo and of the activities of fight.  - Capacity to identify the risks that derive for the health of the practice of activities of fight of unsuitable form.  - Capacity to select and know use the material and sportive equipment adapted for the activities of fight.	58	B7
		B10
		B12
		B13
		B15
		B16
		B18
		B20
		B23
		B24
		B25
		B26

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### Other comments on the Evaluation

**Proofs of type test:** obtain a five on ten in the corresponding examination.

The evaluation of the theoretical teaching will realise by means of a final proof written corresponding to the subjects given during the course: examination type test or true/false.

**Practical proofs:** obtain a five on ten in the theoretical examination-practical oral corresponding. Assistance to 80% of the practices.

The evaluation of the teaching of laboratories will realise of continuous form by means of the control of the assistance of the \*alumnado (is necessary to assist to 80% of the practical classes), and also will effect a practical proof final (oral examination) corresponding to the subjects given during the course.

The **final qualification** will obtain realising an weighted average of the two examinations surpassed. In the case that only it surpass one of the two examinations, the positive qualification (of the examination surpassed) will conserve only until the following announcement of June-July.

The qualifications of each announcement will be **published** in FAITIC, where will indicate the dates of review of the examinations.

They will apply the same criteria of evaluation for the **REST OF ANNOUNCEMENTS**.

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### Sources of information

Gutiérrez, A. y Prieto, I., **Teoría y praxis del juego en las actividades de lucha**, Wanceulen,

Villamón, M. (dir.), **Introducción al judo**, Hispano-Europea,

Taira, S., **Judo (I)**, COE,

Kano, J., **Judo Kodokan**, Eyra,

Taira, S., **La esencia del judo (Tomo I)**, Satori,

## **Bibliografía complementaria:**

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- Watson, N. (2001). *Father of judo: a biography of Jigoro Kano*. Tokyo, Nueva York, Londres: Kodansha International.

#### **Vídeos, DVD y recursos electrónicos:**

- Kodokan Judo. Nage Waza -various techniques and their names-. Tokyo: Kodokan, [200-?]. BCP AV 796.8 nage
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## Recommendations

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