



## IDENTIFYING DATA

### Basics of combat activities

Subject	Basics of combat activities			
Code	P02G051V01108			
Study programme	Grado en Ciencias de la Actividad Física y del Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Mandatory	1st	2nd
Teaching language	Spanish Galician			
Department				
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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.

This teaching guide has been prepared in full compliance with the stipulations of the degree program and the specific regulations of the university and the center.

## Training and Learning Results

Code	
B1	1.1. Understand, elaborate and know how to apply the procedures, strategies, activities, resources, techniques and methods involved in the teaching-learning process with efficiency, developing the whole course of action in all sectors of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management).
C1	1.1. Understand, elaborate and know how to apply the procedures, strategies, activities, resources, techniques and methods involved in the teaching-learning process with efficiency, developing the whole course of action in all sectors of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management).
C2	1.2 To design and apply the methodological process integrated by observation, reflection, analysis, diagnosis, execution, technical-scientific evaluation and/or diffusion in different contexts and in all sectors of professional intervention in physical activity and sport.
C3	1.3. Communicate and interact appropriately and efficiently in physical activity and sports, in diverse intervention contexts, demonstrating teaching skills in a conscious, natural and continuous way.
C4	1.4. To adapt the educational intervention to the individual characteristics and needs of the entire population, with emphasis on special populations such as: schoolchildren, the elderly, people with reduced mobility and people with pathologies, health problems or similar (diagnosed and/or prescribed by a doctor), taking into account gender and diversity.

- C6 2.2 Identify, communicate and apply scientific anatomical-physiological and biomechanical criteria at an advanced level of skills in the design, development and technical-scientific evaluation of procedures, strategies, actions, activities and appropriate orientations; to prevent, minimize and/or avoid a health risk in the practice of physical activity and sport in all types of population.
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- C11 3.1 Analyze, identify, diagnose, promote, guide and evaluate strategies, actions and activities that promote adherence to an active lifestyle and the participation and regular and healthy practice of physical activity and sport and physical exercise in an adequate, efficient and safe way by citizens in order to improve their overall health, well-being and quality of life, and with emphasis on special populations such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor) attending to gender and diversity.
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- C14 3.4 To promote education, dissemination, information and constant guidance to individuals and leaders on the benefits, significance, characteristics and positive effects of the regular practice of physical activity and sport and physical exercise, of the risks and damages of an inadequate practice and of the elements and criteria that identify its adequate execution, as well as information, guidance and advice on the possibilities of appropriate physical activity and sport in their environment in any sector of professional intervention.
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- C16 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 the processes of physical fitness and physical exercise; taking into account the development, characteristics, needs and context of individuals, the different types of population and the spaces where physical activity and sport are performed; in the various sectors of professional intervention and with emphasis on special populations
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- C20 5.4 Identify, organize, direct, plan, coordinate, implement and perform technical-scientific evaluation of organizational resources and material resources and sports facilities, including their basic and functional design as well as adequate selection and use, for each type of activity, in order to achieve safe, efficient and healthy physical and sports activities, adapted to development, characteristics and needs of individuals and the typology of the activity, space and entity in any type of organization, population, context and in any sector of professional intervention of physical activity and sport and with emphasis for populations of special character and ensuring safety, efficiency and professionalism in the activity performed in compliance with current regulations.
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- D1 1.1. Understand, elaborate and know how to apply the procedures, strategies, activities, resources, techniques and methods involved in the teaching-learning process with efficiency, developing the whole course of action in all sectors of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management).
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- D2 1.2. To design and apply the methodological process integrated by observation, reflection, analysis, diagnosis, execution, technical-scientific evaluation and/or diffusion in different contexts and in all sectors of professional intervention in physical activity and sport.
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- D3 1.3 Communicate and interact appropriately and efficiently in physical activity and sports, in diverse intervention contexts, demonstrating teaching skills in a conscious, natural and continuous way.
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- D4 1.4. To adapt the educational intervention to the individual characteristics and needs of the entire population, with emphasis on special populations such as: schoolchildren, the elderly, people with reduced mobility and people with pathologies, health problems or similar (diagnosed and/or prescribed by a doctor), taking into account gender and diversity.
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- D6 2.2 Identify, communicate and apply scientific anatomical-physiological and biomechanical criteria at an advanced level of skills in the design, development and technical-scientific evaluation of procedures, strategies, actions, activities and appropriate orientations; to prevent, minimize and/or avoid a health risk in the practice of physical activity and sport in all types of population.
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- D11 3.1 Analyze, identify, diagnose, promote, guide and evaluate strategies, actions and activities that promote adherence to an active lifestyle and the participation and regular and healthy practice of physical activity and sport and physical exercise in an adequate, efficient and safe way by citizens in order to improve their overall health, well-being and quality of life, and with emphasis on special populations such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor) attending to gender and diversity.
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- D14 3.4 To promote education, dissemination, information and constant guidance to individuals and leaders on the benefits, significance, characteristics and positive effects of the regular practice of physical activity and sport and physical exercise, of the risks and damages of an inadequate practice and of the elements and criteria that identify its adequate execution, as well as information, guidance and advice on the possibilities of appropriate physical activity and sport in their environment in any sector of professional intervention.
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- D16 4.1 Fluently develop procedures and protocols to solve unstructured, unpredictable and increasingly complex problems, articulating and deploying a mastery of the elements, methods, processes, activities, resources and techniques that make up the basic motor skills, physical activities, sports skills, play, expressive body and dance activities, and activities in nature in an appropriate, efficient, systematic, varied and methodologically integrated way for the entire population and with emphasis on special populations such as: elderly people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), attending to gender and diversity and in any sector of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; physical activity and sport management).
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D18 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 the processes of physical fitness and physical exercise; taking into account the development, characteristics, needs and context of individuals, the different types of population and the spaces where physical activity and sport are performed; in the various sectors of professional intervention and with emphasis on special populations.

D22 5.4 Identify, organize, direct, plan, coordinate, implement and perform technical-scientific evaluation of organizational resources and material resources and sports facilities, including their basic and functional design as well as adequate selection and use, for each type of activity, in order to achieve safe, efficient and healthy physical and sports activities, adapted to development, characteristics and needs of individuals and the typology of the activity, space and entity in any type of organization, population, context and in any sector of professional intervention of physical activity and sport and with emphasis for populations of special character and ensuring safety, efficiency and professionalism in the activity performed in compliance with current regulations.

### Expected results from this subject

Expected results from this subject	Training and Learning Results			
1. Comprise, elaborate and know apply the procedures, strategies, activities, resources, technical and methods that take part in the process of education-learning with efficiency, developing all the course of the action in the activities of fight	A1 A3 A4	B1	C1 C1 C5 C11	D1 D2
2. Design and apply the methodological process integrated by the observation, reflection, analysis, diagnostic, execution, technical evaluation-scientific and/or diffusion in the activities of fight		B9 B13	C2	D1 D2
3. Communicate and *interactuar of suitable and efficient form, in the activities of fight, showing educational skills of conscious form, natural and continued	A2 A4		C3	D3 D4
4. Adapt the educational intervention of the activities of fight to the characteristics and individual needs for all the population, attending to the gender and to the diversity	A3 A4 A5	B4 B5	C4 C13 C14	D1 D4 D5
5. Identify, communicate and apply anatomical scientific criteria-physiological and *biomecánicos of skills in the development of the activities of fight; to warn, minimise and/or avoid a risk for the health in the practice of the activities of fight	A2 A3 A4 A5	B1 B5 B9	C6 C13 C19 C22 C25 C27 C28 C30 C32	D4 D5 D6 D6 D7 D8 D9 D10 D11 D14
6. Identify, promote and orient activities that boost the adhesion to an active lifestyle and the participation and regular and healthy practice of the activities of fight of suitable form, efficient and safe by part of the citizens with the purpose to improve his integral health, welfare and quality of life	A1 A5	B1 B4	C11 C15	D1 D3 D11
7. Promote the education, diffusion, information and constant orientation to the people on the profits, significance, characteristic and positive effects of the practical regulate of the activities of fight, of the risks and damages of an unsuitable practical and of the elements and criteria that identify his suitable execution, as well as the information, orientation and advice of the possibilities of the appropriate practice of the activities of fight in his surroundings	A1 A5	B6	C14 C26	D1 D2 D7 D14
8. Elaborate fluently procedures and protocols to resolve problems little structured, unpredictable and of increasing complexity, articulating and deploying a command of the elements, methods, processes, activities, resources and technical that compose the activities of fight of suitable form, efficient, systematic, varied and integrated *metodológicamente for all the population and with emphasis in the pupils, attending to the gender and to the diversity and in the formal and informal education of the activities of fight	A1 A2 A3 A4 A5	B1 B2 B4 B5 B6	C5 C12 C13 C14	D2 D3 D4 D5 D6 D16
9. Develop and implement the technical evaluation-scientific of the elements, methods, procedures, activities, resources and technical that compose the activities of fight; taking into account the development, characteristic, needs and context of the individuals, the different types of population and the spaces where make the activities of fight	A1	B2 B3 B5 B6	C8 C16	D3 D6 D18
10. Identify and make technical evaluation-scientific of the material resources and sportive installations, included his basic and functional design, as well as suitable selection and utilisation, for the activities of fight, with the purpose to make safe activities, efficient and healthy, guaranteeing the security, efficiency and professionalism in the activity exerted in the fulfillment of the valid rule		B4	C8 C20	D5 D6 D22

### Contents

Topic

**BRIEF DESCRIPTION DOS CONTENTS OF The MEMORY OF VERIFICATION OF The DEGREE:**

1. Theoretical Fundamentation of the fighting activities.
2. Technical bases-tactical and didactic of the judo and the fighting activities.
3. Formal and functional structure of the judo and the fighting activities.
4. The process of sportive initiation to the judo.

**DEVELOPMENT DOS CONTENTS:**

They are seven thematic blocks (A, B ... G). In each of the following thematic blocks, at the end of the even and between parenthesis, will point out by means of it corresponding number -1,2,3,4- which or which of the contained of the memory of verification does special reference.

**A) Historical Evolution of the fighting sports (1).**

Description: in this thematic area realizes a route through the different historical stages that suffered the fight, from the primitive period, spending by 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 Grecia.
- 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 institutionalization of the fighting activities and of the Japanese martial arts (1-2-3-4).**

Description: it explains which was the process of deportivization that experienced the fights until arriving to the his full institucionalization, realizing special upsetting in fighting disciplines how the judo. The evolution suffered pole judo from his origin tie the actuality. They board the starts of the judo how a form of personal defence -ju jutsu-, effecting a practical application of the techniques more relevants of the judo to the most daily situations of personal defence. How colophon of this process of deportivization presents the regulation referee the judo. If conceptualizan and they characterize the Japanese martial arts, analyze the change suffered tie his deportivization, 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.
- Regulation referee of judo.
- The martial arts: concept and characterization. The Japanese martial arts how spiritual education: his change in occident -the deportivization-.
- Main characteristics of other Olympic wrestling sports

**C) Characterization and concept of the fighting sports (1-3).**

Description: this thematic block is destined to effect a limit conceptual of the fight, clearing have to, a priori, could identical opinion stop, later, establish which are the common characteristics of the different fighting sports.

Contents:

- Conceptual limit of the fight: terminology clarifications.
- Characteristic common of the fighting sports.

**D) Ranking of the fighting sports and of the technical (1-2-3-4).**

Description: in this thematic area board the diversity of rankings of the fighting sports in function of the distinct doctrinal currents more relevants. It effects a review of the technical rankings more important stop, finally, realize a comparison go in the techniques used in distinct fighting sports with grab, from them to me to project to the opponent against the floor tie the forms of control to the opponent.

Contents:

- Ranking of the fighting sports.
- The rankings of the technique in judo. Comparative technique between different fighting sports with grab.

**E) Fighting Sports. Generalities (1-2-4).**

Description: in this thematic block board the aspects more relevants envelope the ceremonial characteristic of the fighting sports. Besides, we will realize a approach to the driving fight skills.

Contents:

- Fighting Sports. His ceremonial.
- The driving fight skills.

**F) Basis (Kihon) (1-2-3-4).**

Description: in this thematic area will board basis of the fighting sports so relevants how the greeting, the stance, grab it, the falls and the phases of the technical.

Contents:

- The greeting (Rei).
- The stance (Shisei).
- The falls (Ukemi).
- The grip (Kumikata) and the phases of the technical.

**G) The fighting activities in the formal education (1-2)**

Description: in this thematic area will tackle the fighting activities in the curriculum and the programming of the same.

Contents:

- The fighting activities in the curriculum
- The programming of the activities of the fighting activities in formal context

<b>Planning</b>			
	Class hours	Hours outside the classroom	Total hours
Lecturing	13.5	0	13.5
Autonomous problem solving	3	21	24
Mentored work	6	12	18
Laboratory practical	30	0	30
Autonomous problem solving	0	21	21
Mentored work	0	7	7
Collaborative Learning	0	6	6
Objective questions exam	0.5	10	10.5
Objective questions exam	0.5	9	9.5
Oral exam	0.5	10	10.5

\*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
Lecturing	Exhibition by part of the professor of the contents on the matter object of study.
Autonomous problem solving	Activity in which they formulate exercises related with the subject. The students has to develop the exercises of autonomous form.
Mentored work	Queries that the students is supported by the techears of the matter in the tatami for advice/develop of activities of the matter and of the process of learning.
Laboratory practical	Activities of application of the knowledges to concrete situations and of acquisition of basic skills and procedurals related with the matter object of study. They develop in special spaces with skilled equipment (tatami).
Autonomous problem solving	Activities in which exercises related to the subject are formulated in its PRACTICAL PART. The student body must develop the exercises independently.
Mentored work	Work related to the teaching-learning process of falls, which is carried out in the classroom and outside the classroom under the supervision of the teacher.
Collaborative Learning	Consultations that the students have with the teachers of the subject in the tatami for advice/development of activities of the subject and of the learning process. Practical tutorials that take place in the tatami. Collaborative learning is established because students help each other in the learning process under the supervision of the teacher.

<b>Personalized assistance</b>	
Methodologies	Description
Lecturing	The personalised attention of the students will make so much during the development of the sessions of classroom as later in the physical or virtual dispatch (Room 1252 - Prof. Alfonso Gutierrez Santiago / Room 2067 - Prof. Iván Prieto Lage) and of emails.
Laboratory practical	The personalised attention of the students will make so much during the development of the sessions of laboratory in the tatami as later in the physical or virtual dispatch (Room 1252 - Prof. Alfonso Gutierrez Santiago / Room 2067 - Prof. Iván Prieto Lage) and of emails.
Mentored work	The personalized attention of the students in group tutorials is especially practical and is carried out at the request of the students (individually, in pairs, or in small groups).
Autonomous problem solving	The personalised attention of the students will make so much during the development of the sessions of classroom as later in the physical or virtual dispatch (Room 1252 - Prof. Alfonso Gutierrez Santiago / Room 2067 - Prof. Iván Prieto Lage) and of emails.
Autonomous problem solving	The personalized attention of the student body will be carried out in the physical or virtual office (Room 1252 - Prof. Alfonso Gutiérrez Santiago / Room 2067 - Prof. Iván Prieto Lage) or through e-mails.
Collaborative Learning	The personalized attention of the students in the group PRACTICAL TUTORIALS is especially practical and is developed at the request of the students (individually, in pairs, or in small groups). In addition to receiving supervision from the professor, students collaborate in the learning of their classmates by helping each other. The objective of these tutorials is, in addition to contributing to the acquisition of the learning outcomes and competencies of this subject, to help prepare for the practical exam.
Mentored work	The personalized attention of the students will be carried out both during the development of the laboratory sessions on the tatami and later in the physical or virtual office (Room 1252 - Prof. Alfonso Gutiérrez Santiago / Room 2067 - Prof. Iván Prieto Lage) and emails .

## **Assessment**

	Description	Qualification	Training and Learning Results
Lecturing	<p>THEORETICAL PART.</p> <p>During some theoretical classes, interactive exercises will be carried out in large groups in which points will be awarded in the final grade according to the qualification in each activity.</p> <p>The following expected results from this subject will be evaluated: 1,2,3,6,7,8,9 and 10.</p>	8	B1 D1 D2 D3 D11 D14 D16 D18 D22
Autonomous problem solving	<p>THEORETICAL PART.</p> <p>There will be 14 interactive quizzes in Moovi. After completing all the quizzes you must have an average of 7.5 points or more. Otherwise, the continuous assessment in the THEORETICAL PART will be lost.</p> <p>The following expected results from this subject will be evaluated: 1,2,3,4,5,6,7,8,9 and 10.</p>	14	B1 D1 D2 D3 D4 D6 D11 D14 D16 D18 D22
Mentored work	<p>THEORETICAL PART.</p> <p>Realization of a work in small groups related to the didactics of the of the activities of the group.</p> <p>The following expected results from this subject will be evaluated: 1,2,3,4,6,7,8 and 9.</p>	5	B1 D1 D2 D3 D4 D11 D14 D16 D18
Laboratory practical	<p>PRACTICAL PART.</p> <p>Attendance and completion of the 14 practical classes of the subject in tatami. The student who has 4 or more absences will lose the continuous assessment of the practical part (and therefore must be examined through the procedure of GLOBAL ASSESSMENT -NON CONTINUOUS-).</p> <p>The following expected results from this subject will be evaluated: 1,2,3,4,5,6,7,8,9 and 10.</p>	25	C1 D1 C2 D2 C3 D3 C4 D4 C6 D6 C11 D11 C14 D14 C16 D16 C20 D18 D22
Autonomous problem solving	<p>PRACTICAL PART.</p> <p>There will be 14 interactive quizzes in Moovi. After completing all the questionnaires you must have an average of 7.5 points or more. Otherwise, this section will count 0 points.</p> <p>The following expected results from this subject will be evaluated: 1,2,3,4,5,6,7,8,9 and 10.</p>	10	C1 D1 C2 D2 C3 D3 C4 D4 C6 D6 C11 D11 C14 D14 C16 D16 C20 D18 D22
Mentored work	<p>PRACTICAL PART.</p> <p>Performance of an individual work related to the teaching of falls. This work will be graded PASS or FAIL. The student who obtains the qualification of PASS will continue in the continuous evaluation procedure. The student who obtains the NON APT qualification will automatically pass to the GLOBAL ASSESSMENT -NON CONTINUOUS-.</p> <p>The following expected results from this subject will be evaluated: 1,2,3,4,5,6,7,8 and 9.</p>	0	C1 D1 C2 D2 C3 D3 C4 D4 C6 D6 C11 D11 C14 D14 C16 D16 C20 D18
Objective questions exam	<p>THEORETICAL PART.</p> <p>Examination of questions with different answer alternatives.</p> <p>The student must obtain a minimum of 4 out of 10 for the exam score to be included in the final qualification.</p> <p>The following expected results from this subject will be evaluated: 1,2,3,4,5,6,7,8,9 and 10.</p>	13	B1 D1 D2 D3 D4 D6 D11 D14 D16 D18 D22

Objective questions exam	PRACTICAL PART.	10	C1	D1
	Examination of questions with different answer alternatives.		C2	D2
	The student must obtain a minimum of 4 out of 10 for the exam score to count towards the final qualification.		C3	D3
	The following expected results from this subject will be evaluated: 1,2,3,4,5,6,7,8,9 and 10.		C4	D4
			C6	D6
			C11	D11
			C14	D14
			C16	D16
			C20	D18
				D22
Oral exam	PRACTICAL PART.	15	C1	D1
	Practical, procedural exam on the contents of the course on the tatami. Each student must bring a uke (partner) to the exam.		C2	D2
	The student must get a minimum of 4 out of 10 for the exam score to be included in the final grade.		C3	D3
	The following expected results from this subject will be evaluated: 1,2,3,4,5,6,7,8,9 and 10.		C4	D4
			C6	D6
			C11	D11
			C14	D14
			C16	D16
			C20	D18
				D22

### Other comments on the Evaluation

#### 1st CALL (May-June):

**CONTINUOUS EVALUATION STUDENT** (grades and EVALUATION CRITERIA to fulfill the continuous evaluation):

- **Theoretical part (40% of the final grade).**

- Realization of **interactive exercises in large group** during some theoretical classes through the app Kahoot, where points will be awarded in the final grade depending on the qualification in this activity. These exercises account for 8%.
- **Interactive quizzes in Moovi of the THEORETICAL PART.** The qualification of the quizzes is 14%. There will be 14 quizzes. Each quiz must be passed with a minimum grade of 8.5 out of 10 to be considered passed and to be included in the final grade. After completing all the questionnaires, if the student has 4 or more absences (for not completing or not passing the minimum grade), he/she will no longer be evaluated by the continuous evaluation procedure and will automatically be evaluated by the NON-continuous evaluation procedure.
- **Supervised work on Didactic Unit.** The grade for this work is 5%. It will consist of a work in small groups related to the didactics of the wrestling activities.
- **Examination of objective questions.** The grade is 13%. It consists of an exam of closed questions with different answer alternatives of the theoretical part of the subject. The student must obtain a minimum of 4 out of 10 for the exam score to be included in the final grade. Failing this exam (with less than a 4) does not imply losing the continuous evaluation.

- **PRACTICAL part (60% of the final grade):**

- **Attendance and PERFORMANCE of the practical classes in the tatami.** The qualification of the same ones supposes a 25%. The student who has 4 or more absences will stop being evaluated by the continuous evaluation procedure and will automatically be evaluated by the NON-continuous evaluation procedure. The student who attends the practice, but does NOT perform the practice, will not be counted as a lack of attendance, but will have a grade of zero in that session.
- **Interactive quizzes in Moovi of the PRACTICAL PART.** The grade for the quizzes is 10%. There will be 14 quizzes. Each quiz must be passed with a minimum grade of 8.5 out of 10 to be considered passed and to count towards the final grade. After completing all the quizzes, if the student has 4 or more absences (for not completing or not passing the minimum grade), the score for this section will be 0 points.
- **Tutored work on falls.** It will consist of an individual work on the teaching-learning process of falls in wrestling activities. The grade of this work will be PASS or FAIL. The student who obtains the grade of PASS will continue in the continuous evaluation procedure. The student who obtains the grade of NOT PASS will automatically pass to the NON CONTINUOUS EVALUATION procedure.
- **Examination of objective questions.** The grade is 10%. It consists of an exam of closed questions with different answer alternatives of the practical part of the subject. The student must obtain a minimum of 4 out of 10 for the exam score to be included in the final grade. Failing this exam (with less than a 4) does not imply

losing the continuous evaluation.

- **Oral exam.** The grade is 15%. It consists of an exam on the procedural aspects of the subject that will be developed in the tatami. Each student will go to the exam with the judogi and an uke (partner). The student must get a minimum of 4 out of 10 for the exam score to count towards the final grade. Failing this exam does not imply losing the continuous evaluation.
- The **overall grade** of the course will be obtained by adding both parts (theoretical and practical). A student passes the course when he/she has obtained a minimum of five out of ten.

If in the first call (May-June), a student loses the continuous evaluation in one of the parts, he/she will have to take the non-continuous evaluation procedure in that part of the subject.

#### **NON-CONTINUOUS EVALUATION STUDENTS** (for students who do not meet the criteria for continuous evaluation):

- **Theoretical part.** The evaluation will be carried out by means of a final test corresponding to the topics taught during the course: exam of closed questions with different answer alternatives. The student will have to obtain a five out of ten in the exam. This grade will represent 40% of the overall grade.
- **PRACTICAL part.** The evaluation will be carried out by means of TWO final practical tests. 1) exam of closed questions with different answer alternatives on the practical contents (it supposes 30%). 2) oral theoretical-practical exam in the tatami with a partner, corresponding to the topics taught during the course (30%). The student will have to obtain a five out of ten in both tests. Once this condition is fulfilled, the overall grade of the practical part will represent 60% of the overall grade.
- The **final grade** of the course will be obtained by adding both parts (theoretical and practical). A student passes the course when he/she has obtained a minimum of five out of ten, as long as he/she has passed both parts.

#### **2ND CONVOCATORY (June-July):**

If a student loses the continuous evaluation in one of the parts, but maintains the continuous evaluation in the other, this positive grade will be kept until the following call in June-July (it will not be held for subsequent calls). The part not passed will be evaluated as indicated in the non-continuous evaluation procedure.

If the student has not followed the continuous evaluation process in either of the two parts, he/she will be evaluated by the non-continuous evaluation procedure explained above.

#### **END-OF-DEGREE CALL:**

The student body will be evaluated by the non-continuous evaluation procedure explained above.

#### **Publication of grades:**

The grades of each call will be published in Moovi, where the dates of exam revision will be indicated.

The official dates of the exams can be consulted on the faculty website in the section "Teaching - Exams".

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#### **Sources of information**

##### **Basic Bibliography**

Taira, Shu, **La esencia del judo (Tomo I)**, 2º edición, Satori, 2014

Taira, Shu, **La esencia del judo (Tomo I)**, 1º Edición, Satori, 2009

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Villamón, Miguel (dir.), **Introducción al judo**, 1º Edición, Hispano-Europea, 1999

Kano, Jigoro, **Judo Kodokan**, 1º Edición, Eyras, 1989

Kodokan Judo, **Nage Waza -various techniques and their names-**, 1º Edición, Kodokan, 200-?

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##### **Complementary Bibliography**

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## **Recommendations**

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### **Other comments**

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1. Each week, students have in Moovi the contents that will be taught in the course (theoretical and practical part), as well as the material (notes, readings, videos, etc.) to work on these contents. In order to make the most of the theoretical and practical classes, it is recommended to make use of this material before attending these classes.

2. Formalize as soon as possible the group in Moovi (between four and six people) for the realization of the work of the theoretical part.

3. To study and work the material of the course continuously, both for the completion of the weekly questionnaires and for the preparation of the different exams.

4. To ask the professors of the subject all the questions/consultations that are considered necessary at every moment referred to the syllabus, practices, questionnaires, works, etc.

5. Communicate to the professors the suggestions for improvement of the subject.

6. In the middle of the term, the PRACTICAL TUTORIALS will begin. These will take place outside the class hours of the course. The exact day and time will be chosen by the students. In order to make the most of the practical part of the subject, it is recommended to attend as many sessions as possible and to bring an electronic device to access the material located in Moovi.

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