



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	S	273	B	19U	Accredited until				Renewal date		
	Branch of Science		Progr.	Registr. №.							

Entitlement

Coaching Science of Selected Sport IV (Judo and Self-Defense Wrestling)

Prerequisites

To fulfill the requirements of the entry examination

Course (module) Learning Outcomes

№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1	Will be able to analyze and systematize scientific literature	Seminar	Individual work
2	Will be able demonstrate knowledge of Judo terminology, qualifications and systematics	Library / information retrieval tasks	Literature reviewing and presentation
3	Will demonstrate knowledge of the topics studied in the module		Examination

Main aim

Objective: To teach the student to self-improvement, to communicate orally and in writing, to practice knowledge, process information, organizing and planning, knowledge of judo and sambo emergence and evolution, know the basic judo terminology and classification, referee correctly, to know judo and sambo institutions structure and organization, to be able to use the judo hall facilities and equipment, to have bio-medical knowledge of judo of injuries, being able to organize judo competition.

Summary

Judo and sambo skills, classification and terminology, judo competition rules and refereeing, judo sports school, clubs, judo and sambo federation structure, organization, operation of the judo hall features and equipment, judo event types, organization, site preparation, execution of medical - biological characteristics of judo athletes training, weight control, trauma, their causes and prevention.

Level of module

Level of programme		Subject group (under the regulation of the area)
Cycle	Type	
First	Bachelor	Mokslo srities pagrindu

Group under financial classification

10.Dailė (mokytojai), teatras (mokytojai), muzika (mokytojai), pedagogika (auklėtojai, pedagogai), sportas (treneriai)

Syllabus

№.	Sections and themes	Responsible lecturer
1.	Techniques for general and specific training, mobile skills for judo and sambo athletes based on gender, age, and biological maturity	
2.	Selection and prediction of athletes during multi-year training stages. specificity and effect of morphofunctional indicators, athletic and special Judo fitness, competitive experience on athletic performance	
3.	The basics of judo and sambo athlete training. Training goals and objectives, training stages. Structure and volume of loads in judo and sambo training.	
4.	Methods and tools for training athletes (judo and sambo). Equal, alternate, interval, repetitive, competitive training method.	

Evaluation procedure of knowledge and abilities:

References

№.	Title	Edition in Lithuanian Sports University library		In Lithuanian Sports University bookstore	Number of ex. in the methodical cabinet of the depart.
		Pressmark	Number of exemplars		
1.	Takahashi, Masao.: Mastering judo /Masao Takahashi. Champaign : Human kinetics, 2005.		15	Yes	1
2.	Burns, Andy, & Callan, Mike. (2017). Strength and conditioning for judo. Ramsbury, UK: The Crowood Press.		2	Yes	1
3.	Bartulis V. Dziudo technikos mokymas ir tobulinimas. 1998.		5	Yes	1
4.	Veloso, R., Botelho, M., & Aranha, Á. (2016). Judo teaching models in Portugal: For the knowledge and comprehension of the sporting training process in this discipline. Revista de Artes Marciales Asiáticas, 11(2s), 62-63.			Yes	
5.	Ohlenkamp, Neil: Judo unleashed :essential throwing & grappling techniques for intermediate to advanced martial artists /Neil Ohlekamp. New York : McGraw-Hill, 2006.		1	No	
6.	Watanabe, Jiichi: The secrets of judo :a text for instructors and students /J. Watanabe, L. Avakian. Tokyo : Tuttle publishing, 1960.		1	No	
7.	McGuigan, M. (2017). Monitoring training and performance in athletes. Human Kinetics.			No	
8.	Bae, M. J., Kim, H. C., & Park, K. J. (2020). Comparison of Heart Rate Variability according to Performance in Elite Female Judo Athletes. Korean Society of Physical Medicine, 15(1), 10-18.			No	

Additional literature

№.	Title
1.	Guillen, P., Copello, J., Gutierrez, C., & Guerra, S. (2018). Methodology for improving the teaching-learning process of technical-tactical elements in combat sports. RETOS-Neuvas Tendencias en Educacion Fisica, Deporte y Recreacion, (34), 33-39.
2.	Franchini, E., Takito, M. Y., da Silva, R. M., Shiroma, S. A., Wicks, L., Julio, U. F. (2017). Optimal Interval for Success in Judo World-Ranking Competitions. International journal of sports physiology and performance, 12(5), 707-710.
3.	www.judoinfo.com
4.	www.kodokan.org
5.	www.ijf.org
6.	Naffeti, C., Kacem, N., Guemri, A., & Bahloul, M. (2016). The Effect of Learning Situations Problems on the Performance and Procedural Attitudes in Judo: The Example of the Pupils of the School Centers for the Promotion of Judo in Tunisia. Advances in Physical Education, 6(03), 213.
7.	Callan, M. (Ed.). (2018). The Science of Judo. Routledge.
8.	Burns, A., Rosenblatt, B., & Macdonald, A. (2018). 12 Physical preparation for judo. The Science of Judo.
9.	Lo, W. L. A., Liang, Z., Li, W., Luo, S., Zou, Z., Chen, S., & Yu, Q. (2019). The Effect of Judo Training on Set-Shifting in School Children. BioMed research international, 2019.

Coordinating lecturer

Position	Degree, surname, name	Schedule №.
Assistant		463

