

**TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY  
CHENNAI-6**

<b>Name of the course</b>		<b>Diploma in Judo (for PE Teachers)</b>
<b>Stream</b>		<b>Distance Education</b>
<b>Education Qualification</b>		<b>Plus 2</b>
<b>Duration</b>		<b>One year</b>
<b>Medium of Instruction</b>		<b>English</b>
<b>Year of Commencement</b>		<b>2020-2021</b>

## **Paper-1**

### **UNIT-I**

- **History-Philosophy of Judo- Jujutsu, Prof. Jigoro Kano, Kodokan, India.**
- **Basic Philosophy of Judo**
- **WARMIN UP, COOLING DOWN, SUPPLIMENTRY EXERCISES**

### **UNIT-II**

#### **Fundamentals of Judo:**

- **Dojo Etiquettes, Principles of Judo, Salutation (Rei),Ukemi (Breakfalls), Shisei (Posture),Gripping (Kumikata),Movement and Body Movement (Shintai and Body Movement), Making off Balance(Kuzushi), Preparatory & final action (Tsukuri and Kake)**
- **Grading Systems**
- **Terminology:**
  - \*Japanese Judo terminology &**
  - \*Scientific Terminology (used in sports)**

### **UNIT-III**

- **NAGE-WAZA: (Throwing Techniques & Practice methods)**

**TE-WAZA, KOSHI-WAZA, ASHI-WAZA, SUTEMI-WAZA, MA-SUTEMI-WAZA, YOKO SUTEMI-WAZA**

- **KATAME-WAZA: TECHNIQUES & PRACTICE METHODS**  
**OSAE-KOMI-WAZA, SHIME-WAZA, KANSETSU-WAZA**

- **ATEMI-WAZA: INTRODUCTION ONLY**

**PRACTICE METHODS:**

- **UCHIKOMI VARIATIONS, NAGE KOMI, RANDORI,SHIAI**

### **UNIT-IV**

- **INTERNATIONAL JUDO FEDERATION (IJF)/ JUDO FEDERATION OF INDIA (JFI)CONTEST RULES & COMPETITION ORGANIZATION, OLYMPICS QUALIFICATION CRITERIA**
- **WEIGHT CATEGORIES, WEIGHT MANAGEMENT, TRAINING LOAD & RECOVERY METHODS**
- **NUTRITION & HYDERATION**
- **FIRST AID & INJURY PREVENTION**

### **UNIT-V**

- **NAGE-NO-KATA 2. KATAME-NO KATA**
- **MEANS & METHODS OF DEVELOPING MOTOR ABILITIES**
- **(STRENGTH, ENDURANCE, AGILITY, FLEXIBILITY, COORDINATION)**

- **TALENT IDENTIFICATION, CHILDREN TRAINING, DEVELOPMENT PHASES, TRAINING PLAN, FEMALE JUDOKA TRAINING, GENERAL& SPECIFIC TESTS**

## **PRACTICAL-I**

- 1. Warm Up and Cool Down**
  - a) General Exercises**
    - Stretching Exercises**
  - b) Specific Exercises**
- 2. Perfection, Demonstration and teaching ability of Fundamental skills:**
  - **Salutation (Ritsu and Za Rei)**
  - **Shisei**
  - **Kumikata**
  - **Kuzushi**
  - **Shintai and Tai-sabaki**
  - **Ukemi**
- 3. MEANS AND METHODS OF DEVELOPING VARIOUS MOTOR ABILITIES**
- 4. CONTEST RULES PRACTICAL IMPLICATIONS**
- 5. All TE-WAZA, KOSHI-WAZA TECHNIQUES**
- 6. All OSAE-KOMI WAZA TECHNIQUES & BASIC SHIME- WAZA & KANSETSU-WAZA TECHNIQUES**

## **PRACTICAL-II**

- 1. DEVELOPMENT DEMONSTRATION ABILITY OF ALL 68 THROWING TECHNIQUES (WITH COMBINATIONS & COUNTERS):  
TE-WAZA, KOSHI-WAZA, ASHI-WAZA, SUTEMI-WAZA,  
MA-SUTEMI-WAZA, YOKO SUTEMI-WAZA**
- 2. NAGE- NO-KATA**
- 2. DEVELOPMENT DEMONSTRATION ABILITY OF ALL NE-WAZA TECHNIQUES:  
OSAE-KOMI-WAZA, SHIME-WAZA, KANSETSU-WAZA**
- 4. KATAME-NO-KATA**
- 5. SHIAI & OFFICIATING**
- 6. JUDO GENERAL & SPECIFIC TESTS**

# ANATOMY AND PHYSIOLOGY

## Paper– II

### ANATOMY AND PHYSIOLOGY

#### Unit – I

General concept of Anatomy – cells – Tissues – Bones – Types and Functions

#### Unit – II

Cardio Vascular System – Structure and functions –Respiratory system –  
Structure and function Lungs – Mechanism of Respiration –

#### ❖ ENERGY & METABOLISM- FATIGUE

#### Unit – III

Muscular system – Types of Muscles - Structure and functions – Digestive  
system – structure and function.

#### Unit – IV

Nervous system – central – peripheral and autonomous

#### Unit – V

Excretory System – Structure and Functions of Kidney – Nephron – Structure  
and Functions of Skin