



SPORTS AUTHORITY OF INDIA

SYLLABUS FOR SPORTS COACHING COURSE

DISCIPLINE: JUDO

COURSE NAME: DIPLOMA

COURSE CODE:



Fig. Judo

Total Credits: 24	Semester - I	L	Assignment	P/FW	SW	TOTAL CREDIT UNITS
		80	20	300	30	12
		(L-Lecture, P-Practical, SW-Self Work, FW-Field Work)				



	Semester - II	L	Assignment	P/FW	SW	TOTAL CREDIT UNITS
		80	20	300	30	12
		(L-Lecture, P-Practical, SW-Self Work, FW-Field Work)				

Course Objectives:

The course will provide trainees with profound & science based knowledge as well as competences in the methodology of sports training. This will enable trainees:

- To apply the acquired & in depth knowledge as well as their methodical competences in practical sports training under different condition.
- To analyse development tendencies in Judo sport discipline & to take this into consideration when planning their own training process
- It is a consistent principle of this coaching course to promote the connection & mutual reflexion between the basic subject of sports science & the selected sports discipline or specialization.

Learning Outcomes

After completing this course, the coaches will be able to:

- Understand the Teaching, Training & Coaching principles.
- Plan training for their trainees
- Explain the techniques and skills
- Able to make fixture (Manually/ Electronically) for competition

Skills Developed

- Leadership quality to set example personally for better control & performance



- Critical analyse the all situation related to training and performance
- Decision making to coach his trainees on the spot
- Effective communication for mutual understanding & effectiveness
- Problem solving
- Interpersonal relationship focusing on performance oriented
- Team work while working in camps or some common goals
- Work ethics to enhance the positive atmosphere for training & performance

Detailed Syllabus Semester 1

Theory -1

Unit No/Description/Topics Covered	Teaching Method	No of Hours (period)	Online/ Class room	Faculty Description
	L/T/P/ SW/ FW			In house/Guest
Unit-1 a)Fundamental and Principle of Judo <ul style="list-style-type: none"> • Brief History of Kodokan Judo & Indian Judo b)Growth & Function of Governing Bodies <ol style="list-style-type: none"> International Judo Federation Judo Union of Asia European Judo Union Commonwealth Judo Federation State/District/Club Associations 	L	02 02 08	Online Online Online	Surinder Singh Kishore Kumar Surinder Singh/Kishor Kumar



vi. Sports Authority of India (SAI) vii. India Olympic Association (IOA) viii. International Olympic Committee (IOC) ix. Judo Federation of India . <ul style="list-style-type: none"> Classification of Judo Indian Grading System c) Sports Organization Rules IJF (SOR) a) General information. b) Competition schedule and systems. c) World Ranking list & IJF Ranking Events. d) Entries & accreditation. e) Draw. f) Weigh-in & Judogi Back number control. g) Competition venue h) Sports Competition i).IJF Judogi Rules IJF Refereeing Rules		02	Online	Kishor Kumar
		25	Online	J G Sharma (Guest)
			Online	Surinder Singh
			Online	Kishor Kumar
		09	Online	Surinder Singh
Unit-2 Development of motor abilities (General and Specific) Olympic Qualification System	L	10	Online	Hari Singh (Guest)
		02	Online	Dastagir Ali (Guest)
Unit-3 a) First Aid, Safety & Hygiene b) Judo Techniques Practice Methods <ul style="list-style-type: none"> Tandokurensu, Uchi Komi, Ido Uchi komi, San Nin Uchi Komi, Nage Komi, Randori, Shiai 	L	02	Online	Triveni
		10	Online	Surinder Singh



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Unit No. 4	Teaching Method	No of Hours (period)	Online/ Class room	Faculty Description
	L/T/P/ SW/ FW			In house/Guest
a) Physiological aspect of Choking b) Renroku Waza c) Kaeshi Waza d. Importance of computer application e) Latest software of Judo (Draws & score board) & web site.	L	04 04 04 06 10	Online Online	Jiwan Sharma (Guest) Dastagir Ali (Guest)

Teaching period- 100

PRACTICAL

Unit No/Description/Topics Covered	Teaching Method	No of Hours (period)	Online/ Class room	Faculty Description
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	L/T/P/ SW/ FW			In house/Guest
Unit -1 General Information				
Introduction a) Warm Up and Cool Down b) Teaching, Demonstration and teaching ability of Fundamental skills c) Supplementary Exercises for Developing Throwing and Grappling Techniques d) Means and Methods of Developing Various Motor Abilities	P FW	20 20 40 70	Online Online Online Practical in ground	Surinder Singh Kishor Kumar Surinder Singh Kishor Kumar
Unit-2 a) Teaching of All Basic techniques of Judo (Standing & Ground work)	P FW	60	Online	Surinder Singh/ Kishor Kumar
Unit-3 Kata of Judo <ul style="list-style-type: none"> Nage No Kata Katame No Kata Kodokan Goshin Jutsu 	P FW	50	Practical in Judo hall but we can teach this online by showing instructional videos	Surinder Singh Kishor Kumar Surinder Singh
Unit- 4 Shiai & Officiating (Practical Implication of Contest rules in	P	40	Practical Judo Hall but sometime	Surinder Singh/ Kishor Kumar



Competition)			we can show Competition videos	
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Total practical periods- 300

SEMESTER -2ND

Theory 2

Unit No/Description/Topics Covered	Teaching Method	No of Hours (period)	Online/ Class room	Faculty Description
	L/T/P/ SW/ FW			In house/Guest
Unit -1				
a) Planning & Periodization 1) Macro Plan Meso Plan Micro Plan 2) Single Periodization Double Periodization Multiple Periodization	L	30	Online	JG Sharma (Guest) Jiwan Sharma
b) Evaluation & Monitoring Of Training JMG Test Judo Special Fitness Test Kodokan Morphological Test	L	04 04 02	Online Online Online	Dastagir Ali (G) Surinder Singh Kishor Kumar
a) Strategy & Tactics b) Judo Training for Elite c) Children d) Women	L	10 04 04 04	Online Online Online Online	Jiwan Sharma Kishor Kumar Dastagir Ali (G) Triveni



e) Veterans		04	Online	JG Sharma
a) Coaches duties during Camps & Competition	L	12	Online	Surinder Singh Dastagir Ali
b) Planning for Competition		12	Online	
c) Talent Identification		10	Online	

Total Theory hours 100

PRACTICAL

Unit No/Description/Topics Covered	Teaching Method	No of Hours (period)	Online/ Class room	Faculty Description
	L/T/P/ SW/ FW			In house/Guest
Unit-1 General Information				
Development of Demonstration, Teaching and Training/Coaching Ability of Techniques	P	80	Practical in Judo Hall	Surinder Singh Kishor Kumar
Unit- 2 2.Development of : a) Kaeshi-waza (Nage Waza & Katame Waza) b) Renraku-waza (Nage Waza & Katame Waza) c) Kumikata Tactics (Gripping)	P FW	80	Practical in Judo Hall We Could show Video for more Clarification	Surinder Singh/



Unit- 3 a) Nage-waza to Katame-waza (Throwing to Grappling) b) Entries for Newaza c) Practice methods (Uchikomi, Randori and Shiai) d) Nage-no-kata e) Katame No Kata f) Kodokan Goshin Jutsu (without weapons and with weapons) g)Teaching/Pedagogic Practice .	P FW	100	Practical in Judo Hall We Could show Video for more Clarification	Surinder Singh/
Unit-4 a) Shiai & Officiating (Practical Implication of Rules)	P FW	40	Practical in Judo Hall	Surinder Singh/

Total practical periods-300

Faculty

1. Surinder Singh SAI NS NIS Patiala

2. Kishor Kumar SAI NS NIS Patiala

3. JG Sharma (Guest) Retd. Chief & National Coach (36 Years of Experience in teaching at NIS Patiala)

4, Sh Jiwan Sharma (Dronacharya Guest Faculty)

5. Dr. Hari Singh (Guest) Asstt. Prof. H.P University Shimla (Diploma in Sports Coaching Judo) Topper of his Batch

6. Dastagir Ali (Guest) Judo Coach SAI Bangalore (Topper of his Batch)



7. Ms Sunith Thakur

8. Ms Triveni



1. Training Books, Journals, Online Resources Prescribed for Trainees

(A comprehensive list be provided)

Sr. no.	Name and detail of books	Author/ Website/ Publisher
1.	Kodokan Judo	Dr. Jigoro Kano
2.	Beginning Judo	Jeff Meccal
3.	The Judo Advantage	Steve Scott
4.	Training for Competition Judo	Hayward Nishioka
5.	The Sports science of elite Judo athlete	Wayland J Pulkkinen
6.	Judo Techniques & Tactics	Jimmy Pedro
7.	Judo Evolution	Neil Adams
8.	International Judo Federation	Onlineijf.org

These books are recommended for purchase

ASSESSMENT			
	Semester 1	Semester 2	Internal/External %
Theory Monthly Assessments	Monthly Assessment using Online Testing Tools with Multiple Choice & Descriptive questions of covered topics during the month	Monthly Assessment using Online Testing Tools with Multiple Choice & Descriptive questions of covered topics during the month	30 % marks of internal assessment will be done on the basis of the marks scored in monthly assessment by adding all the score
	Total – 4 Assessments 10%	Total – 4 Assessments 10%	Test data will be recorded for reference



Monthly Practical/Lab/Field	Monthly Assessment Practical demonstration & Execution of learnt techniques Total – 5 Assessments 10%	Monthly Assessment Practical demonstration & Execution of learnt techniques Total – 5 Assessments 10%	30 % marks of internal assessment will be done on the basis of the marks scored in monthly assessment by adding all the scores. Test data will be recorded for reference
Monthly Quiz/Assignments	1 Assignment per month Total – 4 Assignments 10%	1 Assignment per month Total – 4 Assignments 10%	30 % marks of internal assessment will be done on the basis of the marks scored in monthly assessment by adding all the scores. Test data will be recorded for reference
Theory Exam	At the end of semester – I	At the end of semester – II	70 % of total score in Theory
Practical Exam	At the end of semester – I	At the end of semester – II	70 % of total Score in Practical

Practical/Lab/Field	Assessment after every month	Assessment after every month	30% for internal and 70% for external
Internship/Project (Research Work)	After completion of 1 st semester	After completion of 2 nd semester	100% External

Surinder Singh
Coach Incharge Judo
SAI NS NIS, Patiala





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