Proposal Review Form

Complete and return this form to the Course and Program Development Office by the Review Deadline. Failure to return the form by the Review Deadline signifies a recommendation to Approve the proposal.

Distribution Date: February 8, 2012
Sponsoring College: CHHS

Review Deadline: 4/8/2012
Department: School of Health Promotion and Human Performance

Type of Proposal: New Course
Course Number: PEGN 173

New Program
Program Title:

New Certificate
Certificate Title:

Course Revision
Course Number:

Program Revision
Program Title:

Academic Level: Undergraduate

Recommendation of the Reviewing Council. (Check one of the following.)

☐ Approve
☐ Approve with Comments
☐ Do Not Approve
☐ Table Pending Additional Information

If Recommendation other than Approve is selected above, please explain.

_________________________________________________________________________

_________________________________________________________________________

_________________________________________________________________________

_________________________________________________________________________

_________________________________________________________________________

Council Chair Signature __________________________________________ Date

Action of Dean

I concur _________ do not concur _________ with the above recommendation.

_________________________________________________________________________

College Dean (or designate) Signature __________________________________________ Date
EASTERN MICHIGAN UNIVERSITY
DIVISION OF ACADEMIC AFFAIRS
OFFICE OF COURSE AND PROGRAM DEVELOPMENT
INTER OFFICE MEMORANDUM

TO: Morell Boone, Dean, College of Technology
    David Mielke, Dean, College of Business
    Jann Joseph, Dean, College of Education
    Tom Venner, Dean, College of Arts and Sciences
    Tara Fulton, University Librarian, Halle Library

FROM: Rhonda Longworth, Director, Course and Program Development

SUBJECT: PEGN 133 – Women’s Fitness
         PEGN 157 – Rape Aggression Defense System
         PEGN 173 – Judo II
         PEGN 174 – Leading Creative Play
         PEGN 204 – Lifeguard Training
         PEGN 206 – Fitness Instructor and Personal Trainer Certification
         Preparation (new undergraduate courses)

DATE: February 8, 2012

Requests from the School of Health Promotion and Human Performance and the College of
Health and Human Services for a new undergraduate course, PEGN 133 – Women’s Fitness,
Creative Play, PEGN 204 – Lifeguard Training, PEGN 206 – Fitness Instructor and
Personal Trainer Certification Preparation, are now available for review on the Course and
Program Development electronic reserves site.

The electronic reserves site is accessible through the ‘Course and Program Development
Proposals’ link on the Course and Program Developments Web page at:

This is a request for new undergraduate courses. Please review the proposal and report the
action you recommend on the enclosed form by April 8th. Lack of response by that date will
signify a recommendation to approve the proposal. If you have any questions or need
clarification, please contact Anna Michalakis (487-0918, amichalak@emich.edu), or Christine
Deacons, Director of Catalog and Program Maintenance (487-4456, cdeacons@emich.edu).
Attachment: College Response Form

cc: (Attachment Withdrawn)
Kim Schatzel, Provost and Executive Vice-President
Rhonda Longworth, Associate Vice-President for Academic Programming
Murali Nair, Dean, College of Health and Human Services
Christine Karshin, Director, HPHP
Matt Evett, President, Faculty Senate
Anna Michalakis, HPHP
Original, Course and Program Development Office
A. Rationale/Justification for the Course

This course has been offered for several semesters as a ‘special topics’ PEGN 177 course. This PEGN Activity and Wellness courses fulfill the Learning Beyond the Classroom – “Self and Well Being” area of the General Education Program. They are designed with the intent to provide students’ advanced concepts associated with enhancing individual fitness, health, and well-being. Engaging in these personal behaviors enable students to make positive lifestyle changes and increase their frequency of regular physical activity. These attributes can ultimately offer students an opportunity to develop lifelong fitness, stress management, and greater opportunities to socialize throughout the lifespan.

B. Course Information

1. Subject Code and Course Number: PEGN 173
2. Course Title: Judo II
3. Credit Hours: 1
4. Repeatable for Credit? Yes _X_ No __ If “Yes”, how many total credits may be earned? __2__
5. Catalog Description (Limit to approximately 50 words.):
Judo II is designed to further familiarize students with physical Judo theory and technique, specifically naga waza and katame no kata. The physiological principles tantamount to Judo are discussed. Further, functional methodology in regard to Judo Training methods is presented in traditional fashion and at the same time offering a new concept of training.
6. Method of Delivery (Check all that apply.)
   a. Standard (lecture/lab) X __
      On Campus _X_ Off Campus______________
   b. Fully Online_____________________
   c. Hybrid/ Web Enhanced___________
7. Grading Mode: Normal (A-E) _X__ Credit/No Credit______________
8. Prerequisites: Courses that MUST be completed before a student can take this course. (List by Subject Code, Number and Title.)
9. Concurrent Prerequisites: Courses listed in #5 that MAY also be taken at the same time as a student is taking this course. (List by Subject Code, Number and Title.)

None

10. Corequisites: Courses that MUST be taken at the same time as a student in taking this course. (List by Subject Code, Number and Title.)

None

11. Equivalent Courses. A student may not earn credit for both a course and its equivalent. A course will count as a repeat if an equivalent course has already been taken. (List by Subject Code, Number and Title)

None

12. Course Restrictions:

a. Restriction by College. Is admission to a specific College Required?

   College of Business
   Yes______  No____ X

   College of Education
   Yes______  No____ X

b. Restriction by Major/Program. Will only students in certain majors/programs be allowed to take this course?

   Yes______  No____ X

   If "Yes", list the majors/programs

   ________________________

   ________________________

c. Restriction by Class Level  Check all those who will be allowed to take the course:

   Undergraduate
   All undergraduates____ X
   Freshperson__________
   Sophomore___________
   Junior_______________
   Senior_______________
   Second Bachelor_____
   Post-Bac. Tchr. Cert.____

   Graduate
   All graduate students____ X
   Certificate___________
   Masters______________
   Specialist___________
   Doctoral_____________
   UG Degree Pending____
   Low GPA Admit______

Note: If this is a 400-level course to be offered for graduate credit, attach Approval Form for 400-level Course for Graduate Credit. Only “Approved for Graduate Credit” undergraduate courses may be included on graduate programs of study.

Note: Only 500-level graduate courses can be taken by undergraduate students. Undergraduate students may not register for 600-level courses.
d. Restriction by Permission. Will Departmental Permission be required?  
Yes_______ No_______ X_______  
(Note: Department permission requires the department to enter authorization for every student registering.)

13. Will the course be offered as part of the General Education Program?  
Yes_______ No_______ X_______

If “Yes”, attach Request for Inclusion of a Course in the General Education Program: Education for Participation in the Global Community form.  Note: All new courses proposed for inclusion in this program will be reviewed by the General Education Advisory Committee. If this course is NOT approved for inclusion in the General Education program, will it still be offered?  
*Yes_______ X_______ No_______

*This course, as a special topics course has been approved as part of the LBC General Education Program.

C. Relationship to Existing Courses

Within the Department:

14. Will this course will be a requirement or restricted elective in any existing program(s)?  
Yes_______ No_______ X_______

If “Yes”, list the programs and attach a copy of the programs that clearly shows the place the new course will have in the curriculum.

<table>
<thead>
<tr>
<th>Program</th>
<th>Required</th>
<th>Restricted Elective</th>
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</thead>
<tbody>
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</table>

15. Will this course replace an existing course?  
Yes_______ No_______ X_______

16. (Complete only if the answer to #15 is “Yes.”)
   a. Subject Code, Number and Title of course to be replaced:

   b. Will the course to be replaced be deleted?  
   Yes_______ No_______

17. (Complete only if the answer #16b is “Yes.”) If the replaced course is to be deleted, it is not necessary to submit a Request for Graduate and Undergraduate Course Deletion.
   a. When is the last time it will be offered?  
   Term_______ Year_______
   b. Is the course to be deleted required by programs in other departments?  
   Contact the Course and Program Development Office if necessary.  
   Yes_______ No_______
   c. If “Yes”, do the affected departments support this change?  
   Yes_______ No_______
   If “Yes”, attach letters of support. If “No”, attach letters from the affected department explaining the lack of support, if available.

Outside the Department: The following information must be provided. Contact the Course and Program Development office for assistance if necessary.

18. Are there similar courses offered in other University Departments?  
Yes_______ No_______ X_______

If “Yes”, list courses by Subject Code, Number and Title

19. If similar courses exist, do the departments in which they are offered support the proposed course?
   Yes_______ No_______

If “Yes”, attach letters of support from the affected departments. If “No”, attach letters from the affected department explaining the lack of support, if available.
D. Course Requirements
20. Attach a detailed Sample Course Syllabus including:
   
a. Course goals, objectives and/or student learning outcomes
b. Outline of the content to be covered
c. Student assignments including presentations, research papers, exams, etc.
d. Method of evaluation
e. Grading scale (if a graduate course, include graduate grading scale)
f. Special requirements
g. Bibliography, supplemental reading list
h. Other pertinent information.

NOTE: COURSES BEING PROPOSED FOR INCLUSION IN THE EDUCATION FOR PARTICIPATION IN THE GLOBAL COMMUNITY PROGRAM MUST USE THE SYLLABUS TEMPLATE PROVIDED BY THE GENERAL EDUCATION ADVISORY COMMITTEE. THE TEMPLATE IS ATTACHED TO THE REQUEST FOR INCLUSION OF A COURSE IN THE GENERAL EDUCATION PROGRAM: EDUCATION FOR PARTICIPATION IN THE GLOBAL COMMUNITY FORM.

E. Cost Analysis (Complete only if the course will require additional University resources. Fill in Estimated Resources for the sponsoring department(s). Attach separate estimates for other affected departments.)

<table>
<thead>
<tr>
<th>Estimated Resources:</th>
<th>Year One</th>
<th>Year Two</th>
<th>Year Three</th>
</tr>
</thead>
<tbody>
<tr>
<td>Faculty / Staff</td>
<td>$________</td>
<td>$________</td>
<td>$________</td>
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<td>SS&amp;M</td>
<td>$________</td>
<td>$________</td>
<td>$________</td>
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<tr>
<td>Equipment</td>
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<td>$________</td>
<td>$________</td>
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<tr>
<td>Total</td>
<td>$________</td>
<td>$________</td>
<td>$________</td>
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</tbody>
</table>

F. Action of the Department/School and College

1. Department/School

   Vote of faculty: For 1 Against 0 Abstentions 0
   (Enter the number of votes cast in each category.)

   [Signature]  10/25/11
   Department Head/School Director Signature  Date

2. College/Graduate School

   A. College

   [Signature]  9-2-12
   College Dean Signature  Date

   B. Graduate School (if Graduate Course)

   [Signature]  
   Graduate Dean Signature  Date

G. Approval

[Signature]  
Associate Vice-President for Academic Programming Signature  Date

Miller, New Course
Sept. '09
EASTERN MICHIGAN UNIVERSITY
School of Health Promotion and Human Performance
PEGN 173 Judo II
CRN: ______(1 credit)
Semester:

Instructors needed: One
Instructor Name:
Office:
Office Hours:
Phone:
E-mail:
Class meeting times: 50 minutes, 2 days per week: 15 weeks
Prerequisites: NONE

GEN ED RATIONAL: This class meets the requirement of Learning Beyond the Classroom in “Self and Well Being” by helping you develop lifelong skills that provide numerous benefits like: freedom of expression, interest, enjoyment and a challenge. Indeed the principles of judo can not only be applied to other sports, but as a way of approaching and living life.

COURSE DESCRIPTION: Judo II is designed to further familiarize students with physical Judo theory and technique, specifically naga waza and EMU katame no kata. The physiological principle: tantamount to Judo are discussed. Further, functional methodology in regard to Judo Training methods is presented in traditional fashion and at the same time offering a new concept of training.

COURSE PURPOSE: To introduce and involved students in advance Judo techniques, for personal enjoyment, stress management and physical activity.

PREREQUISITE: PEGIN 128 (Judo 1 or equivalent) or consent of Instructor

OBJECTIVES:

1. Demonstrate an understanding of the safety factors (including Ukemi waza) etiquette and basic rules of sport Judo. Ukemi Waza: Rear, Side Rolling, and Front.

2. Demonstrate the following throwing techniques at a functional level Nage Waza II: O-sotogari, O-uchigari, Ko-uchigari, Ko-sotogari Seoinage (Seoiotoshi), Taiotoshi De ashibarai, Sasaetsurikomiashi, (Hizaguruma) Renraku-Waza:
   - Drill 1: Sasae – O-soto
   - Drill 2: Ko-uchi – Seoinage
   - Drill 4: De-ashi (Ko-soto) - Taiotoshi

3. Demonstrate the following grappling techniques at a functional level Shime Waza: Hadaka-jime, Katahajime, Okuierijime Katame Waza (EMU Katame no Kata Kuzure Kesa-gatame, Muni-gatame Yoko-shiho-gatame, Kuzuri Yosshiho-gatame
Kuzuri Kamishiho-gatame, Kamishiho-gatame, Ushiro-Kesa-gatame, Tate-shiho-gatame
Kata-gatame, Kesa-gatame Kansetsu Waza (from guard): Ude-garami, Udo gatame, Juji-gatame, Hiza Gatame
REFERENCED TEXT: Illustrated Kodokan Judo published by Kodansha

EVALUATION:

Class Attendance/participation 6 pts per class
Final Exam 90 pts

Grading Scale:
A = 156 - 174 pts.
A- = 150 - 155 pts.
B+ = 144 - 149 pts.
B = 138 - 143 pts.
B- = 132 - 137 pts.
C+ = 126 - 131 pts.
C = 120 - 125 pts.
C- = 114 - 119 pts
D+ = 108 - 113 pts.
D = 102 - 107 pts.
D- = 96 - 101 pts.
F = < 96 pts.

CLASS PROCEDURE and FORMAT:

Discussion
Warm up (preparatory exercises and ukemi)
Lecture/Demonstration/Introduction of new technique(s)
Ground Kata
Review (uchikomi- 25 reps x 3 sets x 8 techniques)
Practice/Critique
Cool Down

NOTE: Each student must have a Judo uniform (Judogi)

NOTICE OF PHYSICAL CONTACT: Judo training involves a variety of skills which include physical contact. Any student has the right to immediately withdraw from any exercise or drill in which the physical contact seems beyond the scope of training and makes them feel uncomfortable. If the conduct of any training partner appears inappropriate, the student should inform the instructor privately.

NOTICE OF RISK: Martial art training is a potentially dangerous activity. As a student you are responsible for your own safety and the safety of those around you. All students have the right and responsibility to excuse themselves from any exercise they believe will be harmful. All students must evaluate each situation in the context of their
skill and physical condition, and conduct each drill in a manner that is safe. In the event of an injury, all students are encouraged to stop what they are doing and inform the instructor.

**REMEMBER:** Students can take up to 8 hours of PEGN courses for graduation.

Judo II  
F. Gerlitz, PhD - email: fgerlitz@emich.edu  
Class Location: Warner Building, Gym C, Eastern Michigan University

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**SESSION**

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Katame Waza Kuzuri-Kesa Gatame + Kuzuri-Kesa Gatame Gaeshi</th>
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<tbody>
<tr>
<td></td>
<td>Nage Waza O Soto-Gari</td>
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<tr>
<td></td>
<td>Go-no-sen Jitsu O Soto-Gari Block</td>
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<tr>
<td></td>
<td>Shimewaza: Tsuikomijime (top) and Hadakajime (bottom)</td>
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<tr>
<th>Week 2</th>
<th>Katame Waza Muni Gatame + Muni Gatame Gaeshi</th>
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<tbody>
<tr>
<td></td>
<td>Nage Waza Sasae Tsurikomi Ashi + Hiza Guruma</td>
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<tr>
<td></td>
<td>Go-no-sen Jitsu Sasae Tsurikomi Ashi + Hiza Guruma Block</td>
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<tr>
<td></td>
<td>Shimewaza: Katajujime from guard and Sodetsuikomijime guard defense</td>
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<tr>
<td></td>
<td>Kansetsuwaza: Juji-gatame (top and bottom)</td>
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</tbody>
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<tr>
<th>Week 3</th>
<th>Katame Waza Yoko Shioh Gatame + Yoko Shioh Gatame Gaeshi</th>
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<tbody>
<tr>
<td></td>
<td>Nage Waza Seeinage</td>
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<tr>
<td></td>
<td>Go-no-sen Jitsu Taniotoshi (review) + Uranage (review)</td>
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<tr>
<td></td>
<td>Kansetsuwaza: Hizagatame and Katahajime</td>
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</tbody>
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<tr>
<th>Week 4</th>
<th>Katame Waza Ku zuri Kami Shioh Gatame + Ku zuri Kami Shioh Gatame Gaeshi</th>
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<tbody>
<tr>
<td></td>
<td>Nage Waza Ko-Uchi-Gari</td>
</tr>
<tr>
<td></td>
<td>Go-no-sen Jitsu Ko-Uchi-Gari Block</td>
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<tr>
<td></td>
<td>Kansetsuwaza: Udegarmi from guard</td>
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</tbody>
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<thead>
<tr>
<th>Week 5</th>
<th>Katame Waza Kami Shioh Gatame + Kami Shioh Gatame Gaeshi</th>
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<tbody>
<tr>
<td></td>
<td>Nage Waza O Uchi Gari</td>
</tr>
<tr>
<td></td>
<td>Go-no-sen Jitsu O Uchi Gari Block</td>
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<tr>
<td></td>
<td>Shimewaza: Guillotine or hip sweep</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 6</th>
<th>Katame Waza Ushiro Kesa Gatame + Ushiro Kesa Gatame Gaeshi</th>
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<tbody>
<tr>
<td></td>
<td>Nage Waza Tai Otoshi</td>
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<tr>
<td></td>
<td>Go-no-sen Jitsu Tai Otoshi Block and leg counter to stand up in guard</td>
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<tr>
<td></td>
<td>Shimewaza: Sodetsuikomijime (bottom)</td>
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</tbody>
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<tr>
<th>Week 7</th>
<th>Katame Waza Tate Shioh Gatame + Tate Shioh Gatame Gaeshi</th>
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<tbody>
<tr>
<td></td>
<td>Nage Waza Ko Soto-Gari</td>
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<tr>
<td></td>
<td>Go-no-sen Jitsu Ko Soto Block</td>
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<tr>
<td></td>
<td>Shimewaza: Tsurikomijime (bottom)</td>
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</tbody>
</table>

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<thead>
<tr>
<th>Week 8</th>
<th>Katame Waza Kata Gatame + Kata Gatame Gaeshi</th>
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<tbody>
<tr>
<td></td>
<td>Nage Waza 8 direction Kuzushi</td>
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<tr>
<td></td>
<td>Go-no-sen Jitsu Situation Review</td>
</tr>
<tr>
<td></td>
<td>Shimewaza: Okurierijime</td>
</tr>
</tbody>
</table>
Week 9
Katame Waza Kesa Gatame + Kesa Gatame Gaeshi
Nage Waza Renraku-Waza: Drill 1: Sasae – O-soto
Go-no-sen Jitsu Te Guruma + Taniotoshi (review) + Uranage (review) + Uki Goshi
Shimewaza Hadakajime

Week 10
Katame Waza EMU Katame-no-kata (circle left)
Nage Waza Renraku-Waza: Drill 2: Ko-uchi – Seoinage
Go-no-sen Jitsu EMU Go-no-sen-no kata (Hip techniques)

Week 11
Katame Waza Arm and Belt turnovers
Shimewaza Review: Kata hajime + Okuierijime + Hadaka jime
Nage Waza Renraku-Waza: O-uchigari – Uchimata or De-ashi (Ko-soto) - Taiotoshi
Go-no-sen Jitsu EMU Go-no-sen-no kata (Leg techniques)

Week 12
Individual assessment (Final exam)
Week 13
Review/Japanese Cultural Experience (Double combined class period)
Week 14
Finals Week – Make-up Class

Bibliography and Additional Resources:

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**UNIVERSITY AND COURSE POLICIES**

**Religious Holidays**

Students will provide advance notice to their instructors in order to make up work, including examinations that they miss as a result of their absence from class due to observance of religious holidays. If satisfactory arrangements cannot be made with the appropriate instructor(s), students may appeal to the head(s) of the department(s) in which the course(s) is/are offered.

There are many resources on line regarding the observance of religious holidays; here is one site with an extensive listing of holiday dates: [http://www.interfaithcalendar.org/2010.htm](http://www.interfaithcalendar.org/2010.htm).

**Academic Dishonesty and Classroom conduct**

Academic dishonesty will not be tolerated and any incidence of it will result in failure in the course.

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Student and Exchange Visitor Statement (SEVIS)
The Office of International Students suggested syllabus language:
The Student Exchange Visitor Information System (SEVIS) requires F and J students to report the following to the Office of International Students (OIS) 244 EMU Student Center within ten (10) days of the event of changes in:
- name or residential address
- academic status (including change to full- or part-time enrollment)
- academic major or program of study
- source of funding (including employment or graduate assistant position)
- degree completion date;
- degree level (ex Bachelors to Masters)
SEVIS further requires F and J students to report the following to the Office of International Students 244 EMU Student Center within ten (10) days:
- Intent to transfer to another school
- Probation or disciplinary action due to a criminal conviction
Prior permission from OIS is required for:
- carrying or dropping below minimum credit hours or dropping all courses;
- Employment on or off-campus; including volunteer and observation positions.
- Registering for more than one online course per term (F and J visa)
- Endorsing I-20 or DS-2019 for re-entry into the USA.
Failure to report may result in the termination of your SEVIS record and even loss of status. If you have questions or concerns, contact the Office of International Students at 734-487-3116.

Special Needs Accommodations
It is my goal that this class be an accessible and welcoming experience for all students, including those with disabilities that may affect their learning in this class. If you believe you may have trouble participating or effectively demonstrating learning in this course, please meet with me (with or without an accommodation letter from the Disability Resource Center) to discuss reasonable options or adjustments. During our discussion, I may suggest the possibility/necessity of your contacting the DRC (240 Student Center; (734) 487-2470; swd_office@emich.edu) to talk about academic accommodations. You are welcome to talk to me at any point in the semester about such issues, but it is always best if we can talk at least one week prior to the need for any modifications.

EMU Board of Regents Policy 8.3 requires that you first register with the Disabilities Resource Center (DRC) in 240 EMU Student Center, telephone: (734) 487-2470. Students with disabilities are encouraged to register with the DRC promptly as you will only be accommodated from the date you register with them forward. No retroactive accommodations are possible.

Family Educational Rights and Privacy Act (FERPA)
The Family Educational Rights and Privacy Act (FERPA) is a Federal law designated to protect the privacy of a student’s education records and academic work. The law applies to all schools and universities which receive funds under an applicable program of the U.S. Department of Education and is applicable to students at EMU. All files, records, and academic work completed within this course are considered educational records and are protected under FERPA. It is your right as a student in this course to expect that any materials you submit in this course as well as your name and other identifying information will not be viewable by guests or other individuals permitted access to the course. The exception will be only when you have given explicit, written, signed consent. Verbal consent or email is insufficient.