



CREDIT COURSE OUTLINE

I. COVER PAGE

(1) PE 8 _____ (2) MARTIAL ARTS/SELF DEFENSE/TAI CHI _____ (3) 1
 Number Title Units

(4) Lecture / Lab Hours:			(8) Classification:		
Total Course Hours					
	Total Lec hours:	0		Degree applicable:	X
	Total Lab hours:	36.00		Non-degree applicable:	
	Total Contact hours:	36.00		Basic skills:	
Lec will generate <u>0</u> hour(s) outside work.			(9) RC Fulfills AS/AA degree requirement: (area)		
Lab will generate <u>0</u> hour(s) outside work.			Physical Education		
			General education category:		
			Major: PHYSICAL EDUCATION		
(5) Grading Basis: Grading Scale Only			Certificate of:		
	Pass/No Pass option	X	Certificate in: COACHING		
	Pass/No Pass only				
(6) Advisories:			(10) CSU Baccalaureate: X		
Eligibility for English 125 and			(11) Repeatable: (A course may be repeated three times)		
Eligibility for English 126			3		
(7) Pre-requisites (requires C grade or better):					
Corequisites:					

(12) Catalog Description:
 This course helps individuals develop the confidence and the skill necessary to defend themselves against deliberate, aggressive assault. It incorporates the mental and physical skills of basic self defense.

II. COURSE OUTCOMES:

(Specify the learning skills the student demonstrates through completing the course and link critical thinking skills to specific course content and objectives.)

Upon completion of this course, students will be able to:

- A. Understand basic principles and theories of self defense
- B. Use various parts of the body that are effective personal weapons against an attacker.
- C. Identify various weak and vulnerable areas of the body that may be attacked.
- D. Develop and use basic skills necessary to protect oneself from an attacker.
- E. Recognize different situations that may arise while defending oneself, and react appropriately with confidence and authority.

III. COURSE OBJECTIVES:

(Specify major objectives in terms of the observable knowledge and/or skills to be attained.)

In the process of completing this course, students will:

- A. Know one's limitations and have a greater understanding of body control regarding one's balance, coordination, and agility.
- B. Assess one's endurance levels, personal strengths and self control.
- C. Integrate the ability to avoid panic and hysteria into one's lifestyle.

IV. COURSE OUTLINE:

Lab Content:

- I. Self-Defense Techniques
 1. Conditioning Exercises
 2. Safety Falls
 3. Stance and Movement Principles
 4. throws
 5. Blocks, Punches, and Kicking
- II. Three Approaches
 1. Soft Approach
 1. Koga Wrist Control
 2. Finger Holds
 3. Wrist Controls
 4. Hammerlock
 5. Arm Locks
 6. C-Clamps
 7. Matron
 2. Passive resistance
 1. Trips
 2. Choke Holds
 3. Arm take-Downs and Control
 3. Agressive Resistance
 1. Single Arm Attacks
 2. Full Body holds, Take Downs, and Break-aways
 3. Headlocks
 4. Bear Hugs
 5. Soft-body Full Contact Sparring

V. APPROPRIATE READINGS

Reading assignments may include but are not limited to the following:

- A. Sample Text Title:
 1. Recommended - Stewart *Within the Arm's Reach*, Human Kinetics, 2003,

- B. Other Readings
 1. Recommended - *Instructor Handouts*

- Global or international materials or concepts are appropriately included in this course
 Multicultural materials and concepts are appropriately included in this course

If either line is checked, write a paragraph indicating specifically how global/international and/or multicultural materials and concepts relate to content outline and/or readings.

Many of the self-defense concepts, philosophies, and techniques were developed by the Asian culture. These philosophies and concepts for mind and body control will be referenced frequently throughout the class.

VI. METHODS TO MEASURE STUDENT ACHIEVEMENT AND DETERMINE GRADES:

Students in this course will be graded in at least one of the following four categories. Please check those appropriate. A degree applicable course must have a minimum of one response in category A, B, or C.

A. Writing

Check either 1 or 2 below

	1. Substantial writing assignments are required. Check the appropriate boxes below and provide a written description in the space provided.	
X	2. Substantial writing assignments are NOT required. If this box is checked leave this section blank. For degree applicable courses you must complete category B and/or C.	
	a) essay exam(s)	d) written homework
	b) term or other paper(s)	e) reading reports
	c) laboratory report(s)	f) other (specify)

Required assignments may include but are not limited to the following:

B. Problem Solving	
Computational or non-computational problem-solving demonstrations, including:	
	a) exam(s)
	b) quizzes
	c) homework problems
	d) laboratory reports
	e) field work
	f) other (specify):

Required assignments may include but are not limited to the following:

C. Skill demonstrations, including:	
X	a) class performance(s)
	b) field work
X	c) performance exams(s)
	d) other (specify)

Required assignments may include but are not limited to the following:

1. Students are required to demonstrate various self-defense techniques
2. Students are tested on movement form.

D. Objective examinations including:	
X	a) multiple choice
X	b) true/false
X	c) matching items
	d) completion
	e) other (specify):

COURSE GRADE DETERMINATION:

Description/Explanation: Based on the categories checked in A-D, it is the recommendation of the department that the instructor's grading methods fall within the following departmental guidelines; however, the final method of grading is still at the discretion of the individual instructor. The instructor's syllabus must reflect the criteria by which the student's grade has been determined. (A minimum of five (5) grades must be recorded on the final roster.)

If several methods to measure student achievement are used, indicate here the approximate weight or percentage each has in determining student final grades.

50% Participation 25% Skill tests 25% Written Tests

VII. EDUCATIONAL MATERIALS

For degree applicable courses, the adopted texts, as listed in the college bookstore, or instructor-prepared materials have been certified to contain college-level materials.

Validation Language Level (check where applicable):

- Textbook
- Reference materials
- Instructor-prepared materials
- Audio-visual materials

College-Level Criteria Met

YES	NO
<u>X</u>	<u> </u>
<u> </u>	<u>X</u>
<u>X</u>	<u> </u>
<u>X</u>	<u> </u>

Indicate Method of evaluation:

- Used readability formulae (grade level 10 or higher)
- Text is used in a college-level course X
- Used grading provided by publisher

Other: (please explain; relate to Skills Levels) _____

<i>Computation Level</i> (Eligible for MATH 101 level or higher where applicable)	_____	<u> X </u>
Content		
Breadth of ideas covered clearly meets college-level learning objectives of this course	<u> X </u>	_____
Presentation of content and/or exercises/projects:		
Requires a variety of problem-solving strategies including inductive and deductive reasoning.	<u> X </u>	_____
Requires independent thought and study	<u> X </u>	_____
Applies transferring knowledge and skills appropriately and efficiently to new situations or problems.	<u> X </u>	_____
List of Reading/Educational Materials		
Recommended - Stewart <i>Within the Arm's Reach</i> , Human Kinetics, 2003,		

Comments:

- _____ This course requires special or additional library materials (list attached).
- X This course requires special facilities:
- _____ A dance/fitness room equipped with wrestling mats and/or padded flooring.

Attached Files:

<p>BASIC SKILLS ADVISORIES PAGE The skills listed are those needed for eligibility for English 125, 126, and Math 101. These skills are listed as the outcomes from English 252, 262, and Math 250. In the right hand column, list at least <u>three</u> major basic skills needed at the beginning of the target course and check off the corresponding basic skills listed at the left.</p>	
<p>(eligibility for English 126) (as outcomes for English 262)</p> <p><u> X </u> Using phonetic, structural, contextual, and dictionary skills to attack and understand words.</p> <p>_____ Applying word analysis skills to reading in context.</p> <p><u> X </u> Using adequate basic functional vocabulary skills.</p> <p><u> X </u> Using textbook study skills and outlining skills.</p> <p>_____ Using a full range of literal comprehension skills and basic analytical skills such as predicting, inferring, concluding, and evaluating.</p>	<p>Students must be able to read required text.</p> <p>Student must be able to apply word analysis skills to martial arts terminology.</p> <p>Students must be able to read the written tests that are given during the semester.</p>
<p>(eligibility for English 125) (as outcomes for English 252)</p> <p><u> X </u> Writing complete English sentences and avoiding errors most of the time.</p> <p><u> X </u> Using the conventions of English writing: capitalization, punctuation, spelling, etc.</p> <p><u> X </u> Using verbs correctly in present, past, future, and present perfect tenses, and using the</p>	<p>Students must be able to complete mid-term and final examinations</p> <p>Students must be able to compare workout information and transfer it appropriately in short answer form.</p> <p>Students must be able to organize short answers regarding self defense principles and express them clearly on written exams.</p>

<p>correct forms of common irregular verbs.</p> <p><input type="checkbox"/> Expanding and developing basic sentence structure with appropriate modification.</p> <p><input type="checkbox"/> Combining sentences using coordination, subordination, and phrases.</p> <p><input type="checkbox"/> Expressing the writer's ideas in short personal papers utilizing the writing process in their development.</p>	
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Check the appropriate spaces.

Eligibility for Math 101 is advisory for the target course.

Eligibility for English 126 is advisory for the target course.

Eligibility for English 125 is advisory for the target course.

If the reviewers determine that an advisory or advisories in Basic Skills are all that are necessary for success in the target course, stop here, provide the required signatures, and forward this form to the department chair, the appropriate associate dean, and the curriculum committee.

CONTENT REVIEW

REQUISITES
No requisites