

REEDLEY COLLEGE
Spring 2018

COURSE TITLE: MARTIAL ARTS/SELF DEFENSE/ TAI CHI

COURSE NUMBER: **PE 8 # 58235 UNITS: 1**

INSTRUCTOR: SHARON KERR, M.A. Kinesiology

CLASS TIMES: Tues./Thurs. 9:00 a.m.- 10:15 a.m.

CLASS LOCATION: Rm 354

E-MAIL: sharon.kerr@reedleycollege.edu

GRADING: A,B,C,D,F or CR/NC

PURPOSE OF THE COURSE: To instruct the student in the beginning Martial Arts /Tai Chi movements. To introduce the student to the self defense moves of Tai Chi.

COURSE MATERIALS: NONE

COURSE OBJECTIVES:

- A. Demonstrate knowledge and comprehension of the benefits of Tai Chi.
- B. Identify the short form positions of Tai Chi
- C. Perform the short form positions of Tai Chi
- D. Work with the class to demonstrate skill mastery.
- E. Identify various parts of the body that may be used effectively as personal weapons against an attacker.
- F. Identify the various weak and vulnerable areas of the body.
- G. Integrate the ability to avoid panic and hysteria into one's daily lifestyle.

COURSE CONTENT:

- A. History of Tai Chi
- B. List of the Tai Chi movements learned
- C. Skill mastery of each position
- D. Group performance to enhance skill mastery.
- E. Mastery of self-defense moves to protect one self

EDUCATIONAL OPPORTUNITIES:

- Video's of other skilled performers doing the 24 movements of Tai Chi
- Four class sessions with black belt in Martial Arts

REQUIRED EQUIPMENT:

Comfortable clothing that allows full range of motion
Flat soled shoes preferably smooth on the bottom sole.

GRADING:

CLASS PARTICIPATION / Lab	50%
SKILL DEMONSTRATION	15%
MID-TERM Paper	15%
FINAL EXAM	20%

GRADE

A	90-100%
B	80-89
C	70-79
D	60-69
F	0-59

MISCELLANEOUS:

Attendance: Students are expected to attend class and should contact with the instructor regarding any absences, especially when there are extended absences due to illness, death in the immediate family, or other situations. In an emergency, students may contact the Dean of Students. Any missed exams, and/or assignments remain the responsibility of the student. Each student will be allowed one unexcused absence. Each absence will reduce your grade by 5 pts.

Cheating and Plagiarism:

Cheating or plagiarism will not be tolerated in this course. If cheating or plagiarism is demonstrated on an assignment or examination, the minimum penalty will be a grade of 'F' on that assignment or exam. A report of the act will be processed and forwarded to the Dean of Students for placement in the permanent records of the student. Further penalties may include receiving an "F" in the course, probation, suspension, or expulsion from the university. Claimed ignorance of this policy is no excuse.

Special Needs: Reedley College has a variety of services designed to assist students with disabilities in their pursuit of community college education. Please inform the instructor if you have special needs. If you have a verified need for academic accommodation or materials in alternate media (ie: Braille, large print, electronic text, etc.) per the American With Disabilities Act or Section 504 of the Rehabilitation Act please contact your instructor as soon as possible.

Disruptive Classroom Behavior: Each student is expected to conduct himself or herself in a professional manner showing the utmost courtesy and respect to the instructor and other students in the class. The goal is to create a community of learners in a positive, insult-free zone. A

student who is unable to conduct himself or herself in a courteous and respectful manner will be asked to remove himself or herself from the classroom.

No Cell Phones, Beepers, I Pods

Safety: Come to class physically and mentally prepared. Be aware of potential hazards associated with participation in this course. Wear appropriate and approved attire, footwear, and/or personal protective equipment.

Mid-Term Paper due: Tues. Feb. 6th

Skill Test to be announced later

Final: Room 354 9:00 a.m. – 10:50 a.m. Thursday May 17th , 2018