



El Camino College

COURSE OUTLINE OF RECORD - Official

I. GENERAL COURSE INFORMATION

Subject and Number: Physical Education 221
Descriptive Title: Combative Arts and Self Defense

Course Disciplines: Physical Education

Division: Health Sciences and Athletics

Catalog Description: This course provides instruction and practice in the application of combative arts for use in self-defense. Techniques presented will include various strikes, punches, kicks and ground defense strategies. Defense against the headlock, bear hug, chokes and confrontational situations will also be practiced. Physical conditioning relative to performing self-defense techniques will be emphasized. Prevention of training related injuries will be addressed through proper warm up and stretching.

Conditions of Enrollment: *You have no defined requisites.*

Course Length: Full Term Other (Specify number of weeks):
Hours Lecture: 0 hours per week TBA
Hours Laboratory: 3.00 hours per week TBA
Course Units: 1.00

Grading Method: Letter
Credit Status: Associate Degree Credit

Transfer CSU: Effective Date: Prior to July 1992
Transfer UC: Effective Date: Prior to July 1992

General Education:
El Camino College: 5 – Health and Physical Education
Term: _____ Other: _____

CSU GE: E - Lifelong Understanding and Self-Development
Term: Fall 2001 Other: _____

IGETC: _____

II. OUTCOMES AND OBJECTIVES

A. COURSE STUDENT LEARNING OUTCOMES (The course student learning outcomes are listed below, along with a representative assessment method for

each. Student learning outcomes are not subject to review, revision or approval by the College Curriculum Committee)

1. Students will demonstrate the proper technique in the execution of four basic elbow strikes.
2. Students will demonstrate improvement in the flexibility component of fitness.
3. Students will apply the concepts of awareness in their environment.

The above SLOs were the most recent available SLOs at the time of course review. For the most current SLO statements, visit the El Camino College SLO webpage at <http://www.elcamino.edu/academics/slo/>.

B. Course Student Learning Objectives (The major learning objective for students enrolled in this course are listed below, along with a representative assessment method for each)

1. Employ proper combative arts techniques in the skills of striking, punching, and kicking.
Performance exams
2. Apply correct techniques in executing forward rolls and shoulder rolls.
Class Performance
3. Analyze skill requirements and effects of the different forms of martial arts as they pertain to self-defense.
Embedded questions
4. Demonstrate effective escapes from being held to the floor by an attacker.
Class Performance
5. Identify and use proper safety procedures in all techniques including warm-up and stretching.
Class Performance
6. Discuss the amount of physical training needed to utilize effective defensive maneuvers in confrontational situations.
Oral exams
7. Demonstrate effective escapes from wrist grabs, bear hug, headlock, and chokes.
Performance exams

III. OUTLINE OF SUBJECT MATTER (Topics are detailed enough to enable a qualified instructor to determine the major areas that should be covered as well as ensure consistency from instructor to instructor and semester to semester.)

Lecture or Lab	Approximate Hours	Topic Number	Major Topic
Lab	1	I	ORIENTATION A. Stretching techniques and warm-up B. Awareness of confrontational situations
Lab	20	II	JUDO AND JIU-JITSU A. Forward rolls, shoulder rolls, and ground position B. Defense against the headlock C. Defense against the choke

			D. Defense against bear hug E. Ground fighting
Lab	21	III	KARATE A. Punches, strikes, and kicks B. Punch defense/blocking C. Combinations of strikes
Lab	6	IV	AIKIDO A. Wrist grab releases B. Joint locks
Lab	6	V	CONDITIONING A. Exercise drills B. Fitness elements for self-defense 1. Muscle strength 2. Muscle power 3. Flexibility
Total Lecture Hours		0	
Total Laboratory Hours		54	
Total Hours		54	

IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS

A. PRIMARY METHOD OF EVALUATION:

Skills demonstrations

B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION:

Demonstrate to instructor the skill components necessary for an escape from an attacker who is using a chokehold from the rear.

C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:

- Analyze potential dangers in daily life and develop a response to one or more methods of attack. Demonstrate those responses to the class.
- Using self-defense tactics, formulate a plan to respond to a frontal assault.
Demonstrate the plan to the class.

D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:

Performance exams
Written homework
Class Performance
Homework Problems

V. INSTRUCTIONAL METHODS

- Demonstration
- Discussion
- Guest Speakers
- Laboratory
- Role Play
- Simulation

Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.

VI. WORK OUTSIDE OF CLASS

Course is lab only - minimum required hours satisfied by scheduled lab time and estimated student hours outside of class per week is zero.

Estimated Independent Study Hours per Week:

VII. TEXTS AND MATERIALS

- A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS
- B. ALTERNATIVE TEXTBOOKS
- C. REQUIRED SUPPLEMENTARY READINGS
- D. OTHER REQUIRED MATERIALS

VIII. CONDITIONS OF ENROLLMENT

A. Requisites (Course and Non-Course Prerequisites and Corequisites)

Requisites	Category and Justification
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B. Requisite Skills

Requisite Skills

C. Recommended Preparations (Course and Non-Course)

Recommended Preparation	Category and Justification
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D. Recommended Skills

Recommended Skills

E. Enrollment Limitations

Enrollment Limitations and Category	Enrollment Limitations Impact
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Course created by Dave Hangsteler on 01/18/2013.

BOARD APPROVAL DATE: 02/01/1962

LAST BOARD APPROVAL DATE: 06/18/2018

Last Reviewed and/or Revised by William Hood on 01/18/2013

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