

PE - 221 - Combative Arts and Self Defense

COURSE OUTLINE OF RECORD

VIII. General Course Information

Subject:*

PE

Course Number:* 221

Descriptive Title:* Combative Arts and Self Defense

Course Disciplines:*

Physical Education

Division:

Health Sciences and Athletics

Department:*

Physical Education

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:

Prerequisite:

Co-requisite:

**Recommended
Preparation:**

Enrollment
Limitation:

Course Length: Full Term

Hours Lecture (per
week): 0

Hours Laboratory (per
week): 3

Outside Study Hours:* 0

Total Hours:* 54

Course Units:* 1

Grading Method:

Letter Grade only

Credit Status:

Credit, degree applicable

Transfer CSU: Yes
 No

Effective Date: Prior to July 1992

Transfer UC: Yes
 No

Effective Date: Prior to July 1992

General Education
ECC:

Area 5 - Health and Physical Education

Term:

Other:

CSU GE:

Area E - Lifelong Understanding and Self-Development

Term: Fall 2001

Other:

IGETC:

Term:

Other:

IX. Outcomes and Objectives

A. Student Learning Outcomes SLOs (The course student learning outcomes are listed below.)

Student Learning Outcomes:

SLO #1 Elbow Strikes

Students will demonstrate the proper technique in the execution of four basic elbow strikes.

SLO #2 Flexibility

Students will demonstrate improvement in the flexibility component of fitness.

SLO #3 Awareness

Students will apply the concepts of awareness in their environment.

B. Course Objectives (The major learning objectives for this course are listed below.)

Course Objectives:

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

X. Outline of Subject Matter

(Topics should be detailed enough to enable an instructor to determine the major areas that should be covered to ensure consistency from instructor to instructor and semester to semester.)

Example:

- I. Main Topic (3 hours, lecture)
 - A. Sub topics
 - B. Sub topics
 1. Super sub topic
 2. Super sub topic

Major Topics:

I. ORIENTATION (1 hour, lab)

- 1. Stretching techniques and warm-up
- 2. Awareness of confrontational situations

II. JUDO AND JIU-JITSU (20 hours, lab)

- 1. Forward rolls, shoulder rolls, and ground position
- 2. Defense against the headlock
- 3. Defense against the choke
- 4. Defense against bear hug
- 5. Ground fighting

III. KARATE (21 hours, lab)

- 1. Punches, strikes, and kicks
- 2. Punch defense/blocking
- 3. Combinations of strikes

IV. AIKIDO (6 hours, lab)

- 1. Wrist grab releases
- 2. Joint locks

V. CONDITIONING (6 hours, lab)

- 1. Exercise drills
- 2. Fitness elements for self-defense
 - 1. Muscle strength
 - 2. Muscle power
 - 3. Flexibility

Total Lecture Hours: 0

Total Laboratory Hours: 54

Total Hours: 54

XI. Primary Method of Evaluation and Sample Assignments

A. Primary Method of Evaluation (choose one):

Primary Method of Evaluation 3) Skills demonstration

B. Typical Assignment Using Primary Method of Evaluation

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

Critical Thinking Assignment 1: Analyze potential dangers in daily life and develop a response to one or more methods of attack. Demonstrate those responses to the class.

Critical Thinking Assignment 2: 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

Other Evaluation Methods:

If Other:

XII. Instructional Methods

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.

Instructional Methods:

If other:

XIII. Work Outside of Class

Work Outside of Class

If Other:

XIV. Texts and Materials

A. Up-to-date Representative Textbooks: (Please use the following format: Author, Title, Edition, Publisher, Year. If you wish to list a text that is more than 5 years old, please annotate it as a “discipline standard”.)

Up-To-Date

B. Alternative Textbooks: (Please use the following format: Author, Title, Edition, Publisher, Year. If you wish to list a text that is more than 5 years old, please annotate it as a “discipline standard”.)

Alternative
Textbooks:

C. Required Supplementary Readings

Required
Supplementary
Readings:

D. Other Required Materials

Other Required
Materials:

XV. Conditions of Enrollment

A. Requisites (Course Prerequisites and Corequisites) Skills needed without which a student would be highly unlikely to succeed.

Requisite

Category

Requisite course:

Requisite and
Matching skill(s):
Bold the requisite
skill. List the
corresponding course
objective under each
skill(s).

B. Requisite: (Non-Course Prerequisite and Corequisites) Skills needed without which a student would be highly unlikely to succeed.

Requisite:

Requisite and
Matching skill(s):
Bold the requisite
skill. List the
corresponding course
objective under each
skill(s). if applicable

C. Recommended Preparations (Course) (Skills with which a student's ability to succeed will be strongly enhanced.)

Requisite course:

Requisite and Matching skill(s):
Bold the requisite skill. List the corresponding course objective under each skill(s).

D. Recommended Preparation (Non-Course) (Skills with which a student's ability to succeed will be strongly enhanced.)

Requisite:

Requisite and Matching skill(s):
Bold the requisite skill. List the corresponding course objective under each skill(s). if applicable

E. Enrollment Limitations

Enrollment Limitations and Category:

Enrollment Limitations Impact:

Course Created by: Dave Hangsteler

Date: 01/18/2013

Board Approval Date: 02/01/1962

Last Board Approval Date: 06/18/2018

Last Reviewed and/or Revised by: William Hood

Date: 01/18/2013