

PE C169: SELF DEFENSE ARTS

Item	Value
Curriculum Committee Approval Date	10/04/2024
Top Code	083500 - Physical Education
Units	1 Total Units
Hours	36 Total Hours (Lecture Hours 9; Lab Hours 27)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)

Course Description

The student will participate in and sample a variety of techniques from various Martial Arts, which can include Aikido, Judo, Karate, and Hawaiian Lua, that are designed to increase self-awareness, confidence, and assertiveness when faced with a physical confrontation. The Laws of Self-Defense will also be covered in the course. Enrollment Limitation: KIN C169; students who complete PE C169 may not enroll in or receive credit for KIN C169. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Demonstrate self-defense awareness.
2. Apply self-defense traditions from various martial arts to an overall program of fitness and well-being.

Course Objectives

- 1. Evaluate and analyze a variety of self-defense techniques as they would apply to specific self-defense situations.
- 2. Critically analyze the situation and select the self-defense art that best suits their size, strength, and movement style.
- 3. Apply self-defense arts to an overall program of wellness and physical fitness.

Lecture Content

Self-defense and martial arts history California laws of self-defense The A-B-C's of Self Defense Importance of physical conditioning Use of the body and the mind Training and loss of skills via disuse Proper stance Martial Arts traditions for fitness and wellness Introduction to the use of distractions and personal body weapons Applications of various martial arts self-defense traditions

Lab Content

Learn knowledge of California laws of self-defense Practice and critique of the A-B-C's of Self Defense Practice exercises using the body and the mind Practice and demonstrate proper stance Learn use of distractions and personal body weapons

Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)
- Lab (04)
- DE Live Online Lab (04S)
- DE Online Lab (04X)

Instructional Techniques

Lectures, demonstrations, discussions, DVD, and/or Video enhancements as well as practice sessions.

Reading Assignments

Reading articles and textbooks.

Writing Assignments

Written assignments, reports and/or projects based on research and valid sources.

Out-of-class Assignments

Practice activities and preparation for course discussions.

Demonstration of Critical Thinking

Students will incorporate Martial Arts into a fitness-wellness routine.

Required Writing, Problem Solving, Skills Demonstration

Students may assess and critique their self-defense skills. Students may demonstrate personal self-defense techniques.

Eligible Disciplines

Health: Master's degree in health science, health education, biology, nursing, physical education, kinesiology, exercise science, dietetics, or nutrition OR bachelor's degree in any of the above AND master's degree in public health, or any biological science OR the equivalent. Master's degree required. Kinesiology: Master's degree in kinesiology, physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education OR Bachelor's degree in any of the above AND Master's degree in any life science, dance physiology, health education, recreation administration or physical therapy OR the equivalent. Physical education: Master's degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelor's degree in any of the above AND master's degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Master's degree required.

Textbooks Resources

1. Required Rahming, D?Arcy. Secrets of Miyama Ryu Combat ? Combat Ju-Jutsu ? The Lost Art, ed. Modern Bu-Jutsu Inc, 1995 Rationale: - Legacy Textbook Transfer Data: Legacy text 2. Required Harrington, Scott; Hennen, Larry. Aiki Toolbox, Volume 1, ed. Aiki Tools, Inc., 2014 Rationale: - Legacy Textbook Transfer Data: Legacy text 3. Required Funakoshi, Gichin; Teramoto, John; Oshima, Tsutomu. Karate Jutsu the Original Teachings of Gichin Funaoshi, ed. Kodansha International (JPN), 2001 Rationale: - Legacy Textbook Transfer Data: Legacy text 4. Required -. Ancient Hawaiian Martial Art of Kaihewalu ?Ohana Lua by Olohe, ed. -, 2006 Rationale: - Legacy Textbook Transfer Data: Legacy text

Other Resources

1. Coastline Library