

Course Syllabus

Department: Physical Education and Integrated Health Care

Date: June 2012

I. Course Prefix and Number: PE 103

Course Name: Introduction to Martial Arts-Judo I

Credit Hours and Contact Hours: 1 credit hour – 2 contact hours

Catalog Description including pre- and co-requisites: This is an introductory course which is ideal for first-time martial arts students interested in learning about various training styles. There is a special emphasis on falling techniques as a gateway skill for Kodokan Judo training. No prerequisites.

II. Course Outcomes and Objectives

Student Learning Outcomes:

The student will:

1. Demonstrate proficiency in physically executing the specific technique and body landing positions that minimize the potential for injury when falling or being thrown to a matted surface by a training partner.
2. Implement newly acquired falling technique skills to:
 - a. Confidently participate at a beginner's level in Kodokan Judo or other combat styles that utilize take-downs to transition from standing phase to groundwork.
 - b. Minimize or fully prevent personal injury during an actual accidental fall.
3. Interpret their coursework training experience to help evaluate the potential benefits of including martial arts training as one of their life-long personal health and wellness pursuits.
4. Employ knowledge relating to worldwide martial arts styles to appraise and choose the best fit for their future martial arts training efforts.
5. Discover and apply the inter-relationships of certain Eastern metaphysical theories, breathing exercises, and the practice of Ki Gong to their future martial arts training and exercise activities.

Relationship to Academic Programs and Curriculum:

This course fulfills one (1) credit hour of the FLCC Physical Education requirement.

College Learning Outcomes Addressed by the Course:

- | | |
|---|---|
| <input type="checkbox"/> writing | <input type="checkbox"/> computer literacy |
| <input type="checkbox"/> oral communications | <input checked="" type="checkbox"/> ethics/values |
| <input checked="" type="checkbox"/> reading | <input type="checkbox"/> citizenship |
| <input type="checkbox"/> mathematics | <input checked="" type="checkbox"/> global concerns |
| <input checked="" type="checkbox"/> critical thinking | <input type="checkbox"/> information resources |

III. Instructional Materials and Methods

Types of Course Materials:

- Orientation, outline, and terminology handouts
- Various martial arts training and protective gear
- Fixed and portable mat surfaces

Methods of Instruction (e.g. Lecture, Lab, Seminar ...):

- Interactive physical demonstration
- Active participation/training/practice individually and with a partner
- Multi-media presentations via the classroom Smart Board

IV. Assessment Measures (Summarize how the college and student learning outcomes will be assessed):

The Physical Education and Integrated Health Care Department believes each instructor should determine the grading system and evaluation methods that will be used in their section of the course. The methods of assessment must be communicated through the Course Outline that is given to the students the first week of the semester. Possible assessment methods include: quizzes, tests, collected assignments, group activities, demonstration of skills and performance. Such assessments and related assignments will develop critical thinking techniques, reading along with developing ethics and values regarding an appreciation of lifetime physical fitness and martial arts theory on a global scale.

V. General Outline of Topics Covered:

- Opening / closing salutations, etiquette standards, and the various bowing traditions that are typically encountered within a cultural martial art class setting.
- Low impact warm-up activities that ensure muscle / tendon / joint readiness and that promote flexibility, range of motion, eye-to-hand coordination and speed.
- Motor motion / muscle memory drills and circuit training relating to martial arts.
- Extensive training and practice in falling techniques to facilitate take-down style martial arts training, and to promote personal health and safety.
- Origins, theoretical basis, and concepts relating to Kodokan Judo and other world-wide martial arts from cultural/traditional to combative/self-defense styles.
- Personal self-defense, flinch response, adrenal stress syndrome/conditioning.
- Various personal development topics and eastern metaphysical theories and concepts relating to Ki energy and martial arts training.
- Ki breathing and Ki Hahp techniques as an introduction to Ki Gong theory.