

Course Syllabus

Department: Physical Education and Integrated Health Care

Date: July 2012

I. Course Prefix and Number: PE 203

Course Name: Advanced Martial Arts

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

Catalog Description including pre- and co-requisites: An advanced martial arts class that features rigorous standards of class participation, etiquette and discipline. In addition to advanced martial arts training, class participants will be part of a martial arts demonstration team. Prerequisite: Current enrollment or completion of any martial arts class. Additional fee is required.

Relationship to Academic Programs and Curriculum including SUNY Gen Ed designation if applicable:

This course can be used to fulfill one credit of the physical education requirement for all majors at FLCC.

II. Course Student Learning Outcomes:

The student will:

1. Recognize the overall wellness benefits of martial arts training as a lifetime physical exercise activity.
2. Analyze and execute advanced martial arts skills and techniques individually.
3. Employ advanced martial arts skills and techniques with a training partner and as a member of a martial arts demonstration team.
4. Demonstrate positive role modeling behaviors and high standards of etiquette, discipline and commitment to martial arts training and demonstration team endeavors and events.
5. Develop proficiency as a college / community educational resource for anti-bullying, conflict avoidance / de-escalation, and personal self-defense.

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 type="checkbox"/> global concerns |
| <input checked="" type="checkbox"/> critical thinking | <input type="checkbox"/> information resources |

III. Assessment Measures (Summarize how the college and student learning outcomes will be assessed): *For each identified outcome checked, please provide the specific assessment measure.*

List identified College Learning Outcomes(s)	Specific assessment measure(s)
Oral Communications	<ul style="list-style-type: none"> The student will explain and demonstrate self-defense techniques, conflict avoidance and anti-bullying as part of a demonstration team
Critical Thinking	<ul style="list-style-type: none"> The student will identify and evaluate conflict situations and implement de-escalation and conflict avoidance techniques
Ethics/Values	<ul style="list-style-type: none"> The student will implement techniques for de-escalation and anti-harassment while demonstrating high standards of etiquette and discipline

IV. Instructional Materials and Methods

Types of Course Materials:

Textbook, handouts, videos

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

- A. Lecture
- B. Demonstration
- C. Audio Visual Aids
- D. Active participation

V. General Outline of Topics Covered:

1. Safety considerations relating to advanced martial arts training activities.
2. Historical and theoretical basis of martial arts techniques utilized in the coursework.
3. Warm-up and cool-down exercises optimized for martial arts training goals.
4. High level conditioning, eye to hand coordination, and speed drills / circuit training.
5. Advanced hand and foot striking techniques.
6. Advanced falling and energy dissipation techniques.
7. Advanced partner-friendly and adversarial take-down training.
8. Advanced ground work, hold-downs and submission techniques.
9. Citizen / personal self-defense topics including: situational awareness; pre-contact cues; conflict avoidance and de-escalation; common predator tactics / ambush scenarios; adrenal stress conditioning; appropriate response techniques.
10. Anti-bullying / harassment training and conflict avoidance and de-escalation.
11. Martial Arts Demonstration Team: hands-on team building and active participation by all class members based their skills, talents, aptitudes and passions.
12. Martial arts as entertainment; event planning, choreography, training, and execution.
13. Martial arts as a college/community educational resource; training, approvals, events.