

KINE 078: MARTIAL ARTS

Originator

pchoi

Co-Contributor(s)**Name(s)**

Ansley, Wendy

Justification / Rationale

This course is being modified to all lab.

Effective Term

Fall 2022

Credit Status

Credit - Degree Applicable

Subject

KINE - Kinesiology

Course Number

078

Full Course Title

Martial Arts

Short Title

MARTL ARTS

Discipline**Disciplines List**

Kinesiology

Modality

Face-to-Face
Hybrid

Catalog Description

This course provides foundational techniques in martial arts with an emphasis on physical conditioning, flexibility, mobility, sport, philosophy, and aesthetic appreciation of form and motion.

Schedule Description

The course will teach foundational martial art principles and techniques.

Lab Units

1.0

Lab Semester Hours

54

In-class Hours

54

Out-of-class Hours

0

Total Course Units

1

Total Semester Hours

54

Required Text and Other Instructional Materials**Resource Type**

Web/Other

Description

Special handouts of selected reading from classic texts from China and Japan covering philosophy, strategy, and vital points.

Class Size Maximum

40

Course Content

1. Safety considerations
2. Principles of cardiovascular conditioning
3. Historical considerations of self defense
4. Biomechanical principles of self defense
5. Flexibility exercises as related to martial arts
6. Strategy and real life application of self defense
7. Body weight training to develop components of fitness.
8. Mobility exercises as related to optimal performance in fitness setting.

Lab Content

- a. Martial arts--yesterday and today
- b. Questions most often asked
- c. Equipment and facilities
- d. The mental aspect
- e. Conditioning for martial arts
- f. Developing flexibility
- g. Developing agility
- h. Stances
- i. Principles of effective technique
- j. Hand strikes
- k. Kicks
- l. Blocks
- m. Use of elbows and knees
- n. Breakfalls and sweeps
- o. Body movement
- p. Combinations (putting your attack together)
- q. Getting your defense together
- r. Forms--practicing for perfecting
- s. Martial arts for self-defense
- t. Martial arts for sport
- u. Ground based martial arts tactics
- v. Mobility Training based on fitness and Functional Range Training.

Course Objectives

	Objectives
Objective 1	Demonstrate that they have attained prescribed standards in the areas of motor coordination, strength, stamina, flexibility, and concentration.
Objective 2	Perform basic warm-up exercises with correct isotonic and isometric emphasis in conjunction with proper breathing technique.

Objective 3	Perform basic defensive and counter offensive techniques (i.e., blocking, thrusting, throwing, etc.) from stationary position and from a moving position with proper form, coordination, speed, and power.
Objective 4	Perform basic patterns of both dynamic and static flexibility.
Objective 5	Perform basic self-defense techniques with correct coordination, form, timing, accuracy, speed, and power.
Objective 6	Demonstrate development of their mind, body, and character.
Objective 7	Demonstrate an understanding of safety and injury prevention through proper body weight movement training.

Student Learning Outcomes

Upon satisfactory completion of this course, students will be able to:

Outcome 1	Demonstrate various foundational techniques of martial arts movements.
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Methods of Instruction

Method	Please provide a description or examples of how each instructional method will be used in this course.
Demonstration, Repetition/Practice	Demonstration of exercises and martial arts technique.
Activity	Practice, repetition, and application of exercises and martial arts technique in diverse settings.
Observation	Observation of lectures, martial arts and exercise demonstration. Online resources available for learning repetition, application and technique analysis.
Lecture	Lecture on the workout and/or techniques to be completed.
Discussion	Students will share and discuss exercises and techniques that each student can benefit from. Handouts, movement tutorials, and online resources available for students to refer too.

Methods of Evaluation

Method	Please provide a description or examples of how each evaluation method will be used in this course.	Type of Assignment
Group activity participation/observation	Demonstration of exercises and martial arts techniques. Feedback, coaching, guidance and evaluation on movement application provided.	In and Out of Class
Laboratory projects	Students will identify their favorite skills, exercise and techniques learned from the course.	In and Out of Class
Critiques	Students will evaluate form and provided constructive feedback to peers.	In and Out of Class

Assignments

Other In-class Assignments

1. Skill practice
2. Observe and analyze martial arts techniques and principles
3. Practice and apply martial arts techniques and principles in diverse settings
4. Mobility and flexibility assessment

Other Out-of-class Assignments

1. Reading assignments with discussion threads and article critique analysis
2. Skill practice
3. View and analyze movement tutorials of martial arts and self defense
4. View videos of theories and principles of diverse martial arts specialists
5. Movement tutorials, reflections and creation of personal videos

Grade Methods

Letter Grade Only

Distance Education Checklist

Include the percentage of online and on-campus instruction you anticipate.

Online %

50

On-campus %

50

Instructional Materials and Resources

If you use any other technologies in addition to the college LMS, what other technologies will you use and how are you ensuring student data security?

n/a

If used, explain how specific materials and resources outside the LMS will be used to enhance student learning.

n/a

Effective Student/Faculty Contact

Which of the following methods of regular, timely, and effective student/faculty contact will be used in this course?

Within Course Management System:

- Chat room/instant messaging
- Discussion forums with substantive instructor participation
- Online quizzes and examinations
- Private messages
- Regular virtual office hours
- Timely feedback and return of student work as specified in the syllabus
- Video or audio feedback
- Weekly announcements

External to Course Management System:

- Direct e-mail
- E-portfolios/blogs/wikis
- Posted audio/video (including YouTube, 3cm mediasolutions, etc.)
- Teleconferencing
- Telephone contact/voicemail

For hybrid courses:

- Field trips
- Orientation, study, and/or review sessions
- Scheduled Face-to-Face group or individual meetings
- Supplemental seminar or study sessions

Briefly discuss how the selected strategies above will be used to maintain Regular Effective Contact in the course.

There will be weekly participation assignments reflecting the movement tutorials and the diverse online resources created for the students. There will be weekly discussion threads connecting diverse principles and techniques of martial arts.

If interacting with students outside the LMS, explain how additional interactions with students outside the LMS will enhance student learning.

n/a

Other Information

Provide any other relevant information that will help the Curriculum Committee assess the viability of offering this course in an online or hybrid modality.

Allowing this course to have an online section will improve our access to students that are currently balancing jobs and families. There have been many online resources and movement tutorials created to meet the needs of our students wanting to learn more about martial arts application and techniques.

MIS Course Data

CIP Code

31.0501 - Sports, Kinesiology, and Physical Education/Fitness, General.

TOP Code

083500 - Physical Education

SAM Code

E - Non-Occupational

Basic Skills Status

Not Basic Skills

Prior College Level

Not applicable

Cooperative Work Experience

Not a Coop Course

Course Classification Status

Credit Course

Approved Special Class

Not special class

Noncredit Category

Not Applicable, Credit Course

Funding Agency Category

Not Applicable

Program Status

Program Applicable

Transfer Status

Transfer CSU, limited UC

General Education Status

Y = Not applicable

Support Course Status

N = Course is not a support course

Allow Audit

No

Repeatability

No

Materials Fee

No

Additional Fees?

No

Approvals

Course Control Number

CCC000626282

Programs referencing this course

Kinesiology AA-T Degree (<http://catalog.collegeofthedesert.eduundefined/?key=8>)