

Course Outline of Record

1. Course Code: KINE-078
2.
 - a. Long Course Title: Self-Defense, Martial Arts
 - b. Short Course Title: SELF DFNS,MARTL ARTS
3.
 - a. Catalog Course Description:
 This course provides beginning, intermediate, and advanced instruction in martial arts with an emphasis on physical conditioning, sport, philosophy, and aesthetic appreciation of form and motion.
 - b. Class Schedule Course Description:
 Self Defense and Martial Arts principles for the beginning and intermediate level student.
 - c. Semester Cycle (if applicable): N/A
 - d. Name of Approved Program(s):
 - KINESIOLOGY
4. Total Units: 1.00 Total Semester Hrs: 36.00
 Lecture Units: 0.5 Semester Lecture Hrs: 9.00
 Lab Units: 0.5 Semester Lab Hrs: 27.00
 Class Size Maximum: 40 Allow Audit: No
 Repeatability No Repeats Allowed
 Justification 0
5. Prerequisite or Corequisite Courses or Advisories:
Course with requisite(s) and/or advisory is required to complete Content Review Matrix (CCForm I-A)
N/A
6. Textbooks, Required Reading or Software: (List in APA or MLA format.) N/A
7. Entrance Skills: *Before entering the course students must be able:*
a. Be eligible to take college level credit courses.

8. Course Content and Scope:

Lecture:

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

Lab: (if the "Lab Hours" is greater than zero this is required)

- 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. Stances.
- h. Principles of effective technique.
- i. Hand strikes.
- j. Kicks.
- k. Blocks.
- l. Use of elbows and knees.
- m. Breakfalls and sweeps.
- n. Body movement.
- o. Combinations (putting your attack together).
- p. Getting your defense together.
- q. Forms--practicing for perfecting.
- r. Martial arts for self-defense.
- s. Martial arts for sport.

9. Course Student Learning Outcomes:

- 1. Exhibit the techniques of Asia fighting arts to defend themselves.
- 2. Develop physical fitness.
- 3. Cite and apply safety techniques to prevent injury.

10. Course Objectives: *Upon completion of this course, students will be able to:*

- a. Demonstrate that they have attained prescribed standards in the areas of motor coordination, strength, stamina, flexibility, and concentration.
- b. Perform basic warm-up exercises with correct isotonic and isometric emphasis in conjunction with proper breathing technique.
- c. 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.
- d. Perform basic patterned forms (Katas) with correct coordination, form, timing, accuracy, speed, and power.
- e. Perform basic self-defense techniques with correct coordination, form, timing, accuracy, speed, and power.
- f. Demonstrate development of their mind, body, and character.
- g. Demonstrate an understanding of safety and injury prevention.

11. Methods of Instruction: *(Integration: Elements should validate parallel course outline elements)*

- a. Activity
- b. Demonstration, Repetition/Practice
- c. Discussion
- d. Individualized Study
- e. Lecture
- f. Observation

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Other Methods:

Guest speakers. Student reports. Audio/visual presentations.

12. Assignments: *(List samples of specific activities/assignments students are expected to complete both in and outside of class.)*

In Class Hours: 36.00

Outside Class Hours: 18.00

a. In-class Assignments

1. Skill practice.
2. View and analyze self-defense videos.

b. Out-of-class Assignments

1. Reading assignments with written report.
2. Skill practice.
3. View and analyze self-defense videos.

13. Methods of Evaluating Student Progress: *The student will demonstrate proficiency by:*

- Written homework
- Critiques
- Guided/unguided journals
- Self-paced testing
- Laboratory projects
- Field/physical activity observations
- Self/peer assessment and portfolio evaluation

14. Methods of Evaluating: Additional Assessment Information:

a. Completing an essay on the sport b. Demonstrating skill progressions and form/style characteristics

15. Need/Purpose/Rationale -- *All courses must meet one or more CCC missions.*

PO-GE C5 – Personal Growth and Development

Exhibit habits of intellectual exploration, personal responsibility, and well being.

IO - Personal and Professional Development

Demonstrate an understanding of ethical issues to make sound judgments and decisions.

16. Comparable Transfer Course

University System	Campus	Course Number	Course Title	Catalog Year
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17. Special Materials and/or Equipment Required of Students:

18. Materials Fees: Required Material?

Material or Item

Cost Per Unit

Total Cost

19. Provide Reasons for the Substantial Modifications or New Course:

periodic review and course modification

20. a. Cross-Listed Course *(Enter Course Code):* N/A

b. Replacement Course *(Enter original Course Code):* N/A

21. Grading Method *(choose one):* Letter Grade Only

22. MIS Course Data Elements

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- a. Course Control Number [CB00]: CCC000244532
- b. T.O.P. Code [CB03]: 83500.00 - Physical Education
- c. Credit Status [CB04]: D - Credit - Degree Applicable
- d. Course Transfer Status [CB05]: A = Transfer to UC, CSU
- e. Basic Skills Status [CB08]: 2N = Not basic skills course
- f. Vocational Status [CB09]: Not Occupational
- g. Course Classification [CB11]: Y - Credit Course
- h. Special Class Status [CB13]: N - Not Special
- i. Course CAN Code [CB14]: N/A
- j. Course Prior to College Level [CB21]: Y = Not Applicable
- k. Course Noncredit Category [CB22]: Y - Not Applicable
- l. Funding Agency Category [CB23]: Y = Not Applicable
- m. Program Status [CB24]: 1 = Program Applicable

Name of Approved Program (if program-applicable): KINESIOLOGY

Attach listings of Degree and/or Certificate Programs showing this course as a required or a restricted elective.)

23. Enrollment - Estimate Enrollment

First Year: 0

Third Year: 0

24. Resources - Faculty - Discipline and Other Qualifications:

a. Sufficient Faculty Resources: Yes

b. If No, list number of FTE needed to offer this course: N/A

25. Additional Equipment and/or Supplies Needed and Source of Funding.

N/A

26. Additional Construction or Modification of Existing Classroom Space Needed. (Explain:)

N/A

27. FOR NEW OR SUBSTANTIALLY MODIFIED COURSES

Library and/or Learning Resources Present in the Collection are Sufficient to Meet the Need of the Students Enrolled in the Course: Yes

28. Originator Wendy Ansley Origination Date 10/13/14