

**J. Sargeant Reynolds Community College
Course Content Summary**

Course Prefix and Number: PED 137

Credits: 1

Course Title: Martial Arts I

Course Description: Emphasizes forms, styles, and techniques of body control, physical and mental discipline, and physical fitness. Presents a brief history of development of martial arts theory and practice. Part I of II. Laboratory 2 hours per week.

General Course Purpose: To learn the basics of self-defense and develop confidence in one's self and one's abilities.

Course Prerequisites and Co-requisites:

None

Student Learning Outcomes:

Upon completing the course, the student will be able to:

- a. Summarize the principles involved in conducting a martial arts class;
- b. Outline the basic stances, hand and feet combinations, and kick techniques;
- c. Apply the techniques for developing muscular strength, muscular endurance, and flexibility;
- d. Apply the techniques for meditation and katas (martial arts forms and movements);
- e. Summarize the various training philosophies; and
- f. Develop and/or identify personal wellness/exercise goals using the SMART planning method and focused on the improvement of martial arts skills.

Major Topics to Be Included:

- a. Meditation, relaxation, stress control
- b. Exercises (including advanced stretching)
- c. Basics (multiple stance, hand and foot combination)
- d. Beginning katas (martial arts forms and movements)
- e. One-step and free-sparring emphasis on stamina, accuracy, and control

Date Created/Updated (Month, Day, and Year): September 1, 2015