

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

**Course Prefix and Number:** PED 199

**Credits:** 1

**Course Title:** Supervised Study in 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. 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