

# Virginia Western Community College

## PED 137

### Martial Arts I

#### **Prerequisites**

None

#### **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. (VCCS MCR Description)

A preliminary study into the world of martial arts beginning with a brief history and overview of human conflict as well as a study of many styles adopted worldwide. The practice of forms, techniques, discipline, fitness, and self-defense will be stressed throughout the course. (Additional Description added by the faculty)

**Semester Credits: 2**

**Lecture Hours: 1**

**Lab/Clinical/Internship Hours: 2**

#### **Required Materials**

##### **Textbook:**

None

##### **Other Required Materials:**

#### **Course Outcomes**

**At the completion of this course, the student should be able to:**

- Have a general knowledge of various styles of martial arts.
- Perform or demonstrate basic martial arts techniques
- Perform or demonstrate techniques of self-defense
- Identify and evaluate unsafe conditions
- Identify the health benefits of martial arts

**Topical Description**

1	Health Benefits of Martial Arts
2	History of Martial Arts and Human Conflict
3	Martial Arts Forms
4	Martial Arts Definition
5	Techniques
6	Importance of Attitude, Self-discipline and Fitness
7	Martial Arts for Self-Defense

**Note to Instructors**

1. Additional information can be presented through handouts, Instructor developed materials or Blackboard posted materials.