

Revised: Fall 2016

# **PED 137**

## **Martial Arts I**

### **COURSE OUTLINE**

**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 Hours: 2**

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**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.**

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Required Materials: None

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### **Topical Description:**

- **Health benefits of martial arts**
- **History of martial arts and human conflict.**
- **Martial Arts forms.**
- **Martial Arts definition**
- **Techniques.**
- **Importance of attitude, self-discipline and fitness.**
- **Martial Arts for self-defense.**

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## **Notes to Instructors:**

**Additional information can be presented through handouts, instructor developed materials or Blackboard posted materials.**

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