

KIN 0018 - PEACEFUL SELF DEFENSE

Catalog Description

Formerly known as PHED 69

Hours: 36 activity per unit

Description: Introduction to fundamental principles, concepts, and theories of martial arts. Includes basic self defense, nonviolent self defense strategies, cardio conditioning, strength building exercises, flexibility training, nutrition, deep relaxation, and meditation with a focus on mind-body connection as it pertains to the art of physical combat. Benefits students of all skill levels. (CSU, UC-with unit limitation)

Course Student Learning Outcomes

- CSLO #1: Identify terminology used in self-defense.
- CSLO #2: Examine safety guidelines for self-defense.
- CSLO #3: Critique stances used when conducting self-defense skills.
- CSLO #4: Describe the history of martial arts.
- CSLO #5: Create a non-violent self-defense technique.

Effective Term

Fall 2019

Course Type

Credit - Degree-applicable

Contact Hours

18-72

Outside of Class Hours

9-36

Total Student Learning Hours

27-108

Course Objectives

1. Identify terminology used in self defense.
2. Identify terminology used in yoga.
3. Compare and contrast hard and soft blocks.
4. Analyze the nature of attacks.
5. Appraise the concept of the modern day warrior.
6. Critique stances used when conducting self defense skills.
7. Create a nonviolent self defense technique.
8. Describe the history of martial arts.
9. Assess the leading causes of stress.
10. Examine safety guidelines for self defense.

General Education Information

- Approved College Associate Degree GE Applicability
 - AA/AS - Health Ed/Physical Ed
- CSU GE Applicability (Recommended-requires CSU approval)
 - CSUGE - E2 Physical Activity

- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

Articulation Information

- CSU Transferable
- UC Transferable

Methods of Evaluation

- Classroom Discussions
 - Example: In a small group discussion: Identify and explain the five major concerns of aggression. Group will write-up their conclusions and participate in a whole-class discussion to clarify as needed. Grade based on participation.
- Objective Examinations
 - Example: Identify and describe ten principles needed for increasing personal power. Answer based upon accuracy and development of ideas.
- Problem Solving Examinations
 - Example: As a part of a problem solving exam: Accurately demonstrate the four major parts of a kick. Pass/fail grade.
- Reports
 - Example: Analyze three ways of recognizing non verbal aggressive communication. Writing will be assessed using a rubric developed by the instructor and shared with students.

Repeatable

No

Methods of Instruction

- Activity
- Lecture/Discussion

Activity:

1. Based on instructor demonstration, the students will work in small groups to evaluate rotational force vs. directional harmony.

Lecture:

1. Based on a reading assignment of the modern warrior, the instructor will facilitate a group discussion in which students will appraise the role of the modern warrior.

Typical Out of Class Assignments Reading Assignments

1. Read Chapter "Power and Sports" from the book 'Power vs. Force' and be prepared to discuss in small group setting.
2. Read an instructor-supplied handout on the mental & physical application of martial arts and be prepared to discuss in class.

Writing, Problem Solving or Performance

1. Write an essay on why you are taking a self-defense the class.
2. Write in a journal making an entry at least once a week related to class discussions.
3. Demonstrate which locks and blocks to use given a scenario in a small group setting.

Other (Term projects, research papers, portfolios, etc.)

Required Materials

- Power vs. Force
 - Author: David Hawkins
 - Publisher: Hay House, Inc.
 - Publication Date: 2014
 - Text Edition: 2nd
 - Classic Textbook?:
 - OER Link:
 - OER:

Other materials and-or supplies required of students that contribute to the cost of the course.