

## COURSE OUTLINE

### **Physical Education 131 Adapted Self Defense**

#### **Catalog Statement**

PE 131 teaches the basics of self-defense training. Instruction includes practice in the fundamental techniques, and the philosophy of self-defense for students with disabilities. Students learn the practice of Tai Chi forms to promote body awareness, motor development and the ability to protect and defend themselves.

Total Lecture Units: 0.0

Total Laboratory Units: 1.0

**Total Course Units: 1.0**

Total Lecture Hours: 0.0

Total Laboratory Hours: 48.0

Total Laboratory Hours To Be Arranged: 0.0

**Total Faculty Contact Hours: 48.0**

Recommended preparation: PE 134.

Note: This course is primarily designed for students who meet Title 5 eligibility requirements for Disabled Students Programs and Services (DSPS).

#### **Course Entry Expectations**

Prior to enrolling in the course, the student should be able to:

- participate in an individual and group environment;
- demonstrate and maintain a positive attitude;
- identify areas of personal fitness needing improvement;
- identify positive lifestyle habits with regard to exercise and its relationship to nutrition, weight control and stress management;
- create a personalized workout program through communication with the instructor which leads to improved fitness;
- assess their personal responsibility in maintaining their health;
- create a plan to maintain an acceptable level of fitness;
- operate successfully in an online learning management system environment.

#### **Course Exit Standards**

Upon successful completion of the required coursework, the student will be able to:

- demonstrate self-defense skills;
- demonstrate an awareness of general self-protection skills;

- demonstrate a knowledge of the history and philosophy of self-defense;
- use self-defense training as an avenue to relaxation, stress reduction and body maintenance.

### **Course Content**

**Total Faculty Contact Hours = 48.0**

#### **History and Philosophy (10 hours)**

Introduction to philosophical and physical basis of Chi

History of Tai Chi

Introduction of philosophical basis of Tai Chi Chuan

#### **Physical performance of Tai Chi (as adapted for each individual) (38 hours)**

Wu Chi and breathing basics

Overview of 108 postures composing the Yang Style Long Form (divided into four sets)

Presentation and performance of First Set movements

Footwork

Basic hand positions

Offensive applications

Defensive applications

Presentation and performance of Second Set movements

Multi-directional footwork

Offensive applications

Defensive applications

Presentation and performance of Third Set movements

Using kicks

Offensive applications

Defensive applications

Presentation and performance of Fourth Set movements

Combining movements and building endurance

Practicing concentration and attention

Changing speed of movement

Offensive applications

Defensive applications

### **Methods of Instruction**

The following methods of instruction may be used in this course:

- lecture;
- demonstration;
- multi-media;
- one-on-one interactions;
- group participation;
- skill repetitions;
- discussion.

### **Out of Class Assignments**

The following out of class assignments may be used in this course:

- self-evaluation (e.g. analysis of individual performance);
- written analysis (e.g. summary of techniques presented through multi-media material).

### **Methods of Evaluation**

The following methods of evaluation may be used in this course:

- personalized practical evaluation;
- self-evaluation of personal progress;
- quizzes;
- instructor analysis of filmed performance;
- student analysis of filmed performance;
- written midterm examination;
- written final examination.

### **Textbooks**

No textbooks required. Instructor may create handouts and exercise protocols.

### **Student Learning Outcomes**

Upon successful completion of the required coursework, the student will be able to:

- demonstrate sensitivity and awareness of individual differences and needs of peers while interacting with others during performance of Tai Chi forms;
- practice Tai Chi Yang Long Style Form skills in a safe manner while utilizing any necessary adaptations;
- relate understanding of the value and significance of self-defense for improving personal fitness, health, and quality of life.