

PE218 : Brazilian Jiu-Jitsu II

General Information

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|---|---|
| Author: | <ul style="list-style-type: none">Erin Calderone |
| Course Code (CB01) : | PE218 |
| Course Title (CB02) : | Brazilian Jiu-Jitsu II |
| Department: | PE |
| Proposal Start: | Spring 2025 |
| TOP Code (CB03) : | (0835.00) Physical Education |
| CIP Code: | (31.0501) Sports, Kinesiology, and Physical Education/Fitness, General. |
| SAM Code (CB09) : | Non-Occupational |
| Distance Education Approved: | No |
| Will this course be taught asynchronously?: | No |
| Course Control Number (CB00) : | CCC000598621 |
| Curriculum Committee Approval Date: | 05/22/2024 |
| Board of Trustees Approval Date: | 07/16/2024 |
| Last Cyclical Review Date: | 05/22/2024 |
| Course Description and Course Note: | PE 218 builds on the fundamentals of Brazilian Jiu-Jitsu taught in PE 217. Instruction introduces gi concepts, ground-based techniques including transitions between techniques and self-defense and sport strategies. Application focuses on practicing the ability to "flow", conditioning and body control as well as the philosophical principles of the art. |
| Justification: | Mandatory Revision |
| Academic Career: | <ul style="list-style-type: none">Credit |
| Mode of Delivery: | |
| Author: | |
| Course Family: | |

Academic Senate Discipline

| | |
|-----------------------|---|
| Primary Discipline: | <ul style="list-style-type: none">Physical Education |
| Alternate Discipline: | <ul style="list-style-type: none">Martial Arts/Self-Defense |
| Alternate Discipline: | No value |

Course Development

Basic Skill Status (CB08)

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

Course Special Class Status (CB13)

Course is not a special class.

Pre-Collegiate Level (CB21)

Not applicable.

Grading Basis

- Grade with Pass / No-Pass Option

Course Support Course Status (CB26)

Course is not a support course

General Education and C-ID

General Education Status (CB25)

Not Applicable

Transferability

Transferable to both UC and CSU

Transferability Status

Approved

CSU GE-Breadth Area

E-Lifelong Learning and Self-Development

Area

Lifelong Learning and Self-Development

Status

Approved

Approval Date

08/28/2023

Comparable Course

No Comparable Course defined.

Units and Hours

Summary

Minimum Credit Units (CB07)

1

Maximum Credit Units (CB06)

1

Total Course In-Class (Contact) Hours

54

Total Course Out-of-Class Hours

0

Total Student Learning Hours

54

Credit / Non-Credit Options

Course Type (CB04)

Credit - Degree Applicable

Noncredit Course Category (CB22)

Credit Course.

Noncredit Special Characteristics

No Value

Course Classification Code (CB11)

Credit Course.

Variable Credit Course

Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience

Education Status (CB10)

Weekly Student Hours

In Class

Course Student Hours

Out of Class

Course Duration (Weeks)

18

| | | |
|------------------|---|---|
| Lecture Hours | 0 | 0 |
| Laboratory Hours | 3 | 0 |
| Studio Hours | 0 | 0 |

| | |
|--|----|
| Hours per unit divisor | 0 |
| Course In-Class (Contact) Hours | |
| Lecture | 0 |
| Laboratory | 54 |
| Studio | 0 |
| Total | 54 |
| Course Out-of-Class Hours | |
| Lecture | 0 |
| Laboratory | 0 |
| Studio | 0 |
| Total | 0 |

Time Commitment Notes for Students

No value

Units and Hours - Weekly Specialty Hours

| Activity Name | Type | In Class | Out of Class |
|---------------|----------|----------|--------------|
| No Value | No Value | No Value | No Value |

Pre-requisites, Co-requisites, Anti-requisites and Advisories

Prerequisite

PE217 - Brazilian Jiu-Jitsu I (in-development)

Objectives

- Recognize the language of Brazilian Jiu-Jitsu as it pertains to the history, skills, and strategies taught.
- Evaluate and analyze concepts and methods of Brazilian Jiu-Jitsu training.
- Differentiate between the different techniques and tactics of Brazilian Jiu-Jitsu.
- Communicate effectively in writing, speaking, or signing related defense training information.
- Demonstrate understanding of the relationship of personal physical and mental health in applying Brazilian Jiu-Jitsu options or responses.
- Create an effective defensive plan of action based upon their own level of skill and physical fitness/conditioning.
- Demonstrate understanding of the relationship between the philosophical principles and the physical or combative strategies of Brazilian Jiu-Jitsu.

Entry Standards

Entry Standards

Course Limitations

Cross Listed or Equivalent Course

Specifications

Methods of Instruction

Methods of Instruction Collaborative Learning

Methods of Instruction Demonstrations

Methods of Instruction Discussion

Methods of Instruction Field Activities (Trips)

Methods of Instruction Guest Speakers

Methods of Instruction Laboratory

Methods of Instruction Multimedia

Methods of Instruction Presentations

Out of Class Assignments

- Self-evaluation (e.g. written evaluation of personal knowledge related to Brazilian Jiu-Jitsu)
- Written analysis (e.g. written analysis of the physical and emotional benefits of Brazilian Jiu-Jitsu techniques)

| Methods of Evaluation | Rationale |
|---|---|
| Presentation (group or individual) | Practical examination |
| Exam/Quiz/Test | Written midterm examination |
| Exam/Quiz/Test | Written final examination |
| Activity (answering journal prompt, group activity) | Critique (e.g. peer-peer or instructor-student critique of forms) |

| Textbook Rationale |
|--------------------|
| No Value |

| Textbooks | | | | |
|-----------|----------|-----------|----------|----------|
| Author | Title | Publisher | Date | ISBN |
| No Value | No Value | No Value | No Value | No Value |

| Other Instructional Materials (i.e. OER, handouts) | |
|--|---------------------------------|
| Description | Instructor-generated materials. |
| Author | No value |
| Citation | No value |
| Online Resource(s) | |

| Materials Fee |
|---------------|
| No value |

| Learning Outcomes and Objectives |
|---|
| Course Objectives |
| Analyze situational techniques in Brazilian Jiu-Jitsu for self-defense or sport. |
| Recognize the language of Brazilian Jiu-Jitsu as it pertains to the history, skills, and strategies taught. |
| Describe appropriate transitions between techniques. |
| Describe and analyze skills and sport strategy in Brazilian Jiu-Jitsu. |
| Create an effective defensive plan of action based upon their own level of skill and physical fitness/conditioning. |

Apply philosophical principles and the physical or combative strategies of Brazilian Jiu-Jitsu to life-situations.

SLOs

Demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment.

Expected Outcome Performance: 70.0

ILOs Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.
Core
ILOs

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

PE Demonstrate and apply the fundamental skills, knowledge, etiquette and vocabulary used in the practice and performance of individual activities
Core
PLOs

Apply Brazilian Jiu-Jitsu techniques for self-defense when under attack.

Expected Outcome Performance: 70.0

ILOs Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.
Core
ILOs

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

PE Demonstrate and apply the fundamental skills, knowledge, etiquette and vocabulary used in the practice and performance of individual activities
Core
PLOs

Demonstrate flow of Brazilian Jiu-Jitsu techniques and transitions.

Expected Outcome Performance: 70.0

PE Demonstrate and apply the fundamental skills, knowledge, etiquette and vocabulary used in the practice and performance of individual activities
Core
PLOs

ILOs Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.
Core
ILOs

Additional SLO Information

Does this proposal include revisions that might improve student attainment of course learning outcomes?

No

Is this proposal submitted in response to learning outcomes assessment data?

No

If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.

No Value

SLO Evidence

No Value

Course Content

Lecture Content

No value

Laboratory/Studio Content

Introduction and Review of Brazilian Jiu-Jitsu (2 hours)

- Brazilian Jiu-Jitsu as a martial art and self-defense technique
- History of Jiu-Jitsu and Brazilian Jiu-Jitsu
- Philosophy of Jiu-Jitsu
- Key concepts of the martial art and the importance of patience and understanding
- Rules and point system for sport Brazilian Jiu-Jitsu
- Introduction to philosophy and concepts of using the traditional Jiu Jitsu uniform (gi)

Development of Intermediate Techniques (26 hours)

- Transitions from guard
- Transitions from mount
- Transitions from side control
- Transitions from back control
- Linking techniques
- Submission options
- Wrestling takedowns
- Takedown defense
- Grips and grip breaking
- Weight distribution and leverage

Warm Up, Conditioning, and Strength Exercise Routines (10 hours)

- Stretching exercises
- Flexibility exercises
- Cardio-respiratory exercises

Practice and Performance of Jiu-Jitsu Techniques (16 hours)

- Application of non-violent principles
- Application of defensive moves and techniques
- Application of offensive attacks and counter-attacks
- Practicing flow and sport strategies

Total hours: 54

Additional Information

Is this course proposed for GCC Major or General Education Graduation requirement? If yes, indicate which requirement in the two areas provided below.

Yes

GCC Major Requirements

Physical Education

GCC General Education Graduation Requirements

No Value

Repeatability

Not Repeatable

Justification (if repeatable was chosen above)

No Value

Resources

Did you contact your departmental library liaison?

No

If yes, who is your departmental library liaison?

Becka Cooling (Kinesiology, Social Sciences)

Did you contact the DEIA liaison?

No

Were there any DEIA changes made to this outline?

No

If yes, in what areas were these changes made:

No Value

Will any additional resources be needed for this course? (Click all that apply)

- No

If additional resources are needed, add a brief description and cost in the box provided.

No Value