

PE131 : Adapted Self Defense

General Information

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Course Code (CB01) :	PE131
Course Title (CB02) :	Adapted Self Defense
Department:	PE
Proposal Start:	Fall 2024
TOP Code (CB03) :	(0835.80) Adapted Physical Education
CIP Code:	(51.2309) Therapeutic Recreation/Recreational Therapy.
SAM Code (CB09) :	Non-Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000576229
Curriculum Committee Approval Date:	12/13/2023
Board of Trustees Approval Date:	01/09/2024
Last Cyclical Review Date:	12/13/2023
Course Description and Course Note:	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. Note: This course is primarily designed for students who meet Title 5 eligibility requirements for Disabled Students Programs and Services (DSPS).
Justification:	Mandatory Revision
Academic Career:	<ul style="list-style-type: none">Credit

Academic Senate Discipline

Primary Discipline:	<ul style="list-style-type: none">Physical Education (Adapted): Disabled Students Programs and Services
Alternate Discipline:	
Alternate Discipline:	

Course Development

Basic Skill Status (CB08)	Course Special Class Status (CB13)	Grading Basis
Course is not a basic skills course.	Course is designated as an "approved special class" for students with disabilities.	<ul style="list-style-type: none">Grade with Pass / No-Pass Option
	Pre-Collegiate Level (CB21)	Course Support Course Status (CB26)

Allow Students to Gain Credit by Exam/Challenge

Not applicable.

Course is not a support course

Transferability & Gen. Ed. Options

General Education Status (CB25)

Not Applicable

Transferability

Transferable to both UC and CSU

Transferability Status

Approved

CSU GE-Breadth Area	Area	Status	Approval Date	Comparable Course
E-Lifelong Learning and Self-Development	Lifelong Learning and Self-Development	Approved	08/19/1996	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.

Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience

Education Status (CB10)

Variable Credit Course

Weekly Student Hours

	In Class	Out of Class
Lecture Hours	0	0
Laboratory Hours	3	0

Course Student Hours

Course Duration (Weeks)	18
Hours per unit divisor	54
Course In-Class (Contact) Hours	
Lecture	0

Studio Hours	0	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

Advisory

PE134 - Adapted Wellness And Fitness Laboratory (in-development)

Objectives

- Identify areas of personal fitness needing improvement.

Entry Standards

Entry Standards

Participate in an individual and group environment.

Demonstrate and maintain a positive attitude.

Operate successfully in an online learning management system environment.

Course Limitations

Cross Listed or Equivalent Course

No value

Specifications

Methods of Instruction

Methods of Instruction Laboratory

Methods of Instruction Collaborative Learning

Methods of Instruction Demonstrations

Methods of Instruction Discussion

Methods of Instruction Multimedia

Methods of Instruction Tutorial

Out of Class Assignments

- Self-evaluation (e.g. analysis of individual performance)
- Written analysis (e.g. summary of techniques presented through multi-media material)

Methods of Evaluation

Rationale

Presentation (group or individual)

Personalized practical evaluation

Activity (answering journal prompt, group activity)

Self-evaluation of personal progress

Exam/Quiz/Test

Quizzes

Project/Portfolio

Instructor analysis of filmed performance

Project/Portfolio

Student evaluation of filmed performance

Exam/Quiz/Test

Written midterm examination

Exam/Quiz/Test

Written final examination

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	No textbooks required. Instructor may create handouts and exercise protocols.
Author	No value
Citation	No value
Online Resource(s)	

Materials Fee

No value

Learning Outcomes and Objectives

Course Objectives

Practice self-defense skills.

Demonstrate an awareness of general self-protection skills.

Describe a brief history and philosophy of self-defense.

Use self-defense training as an avenue to relaxation, stress reduction and body maintenance.

Practice techniques of Long Style Form Tai Chi sets with appropriate adaptations.

SLOs

Practice Tai Chi Yang Long Style Form skills in a safe manner while utilizing any necessary adaptations. Expected Outcome Performance: 70.0

<i>ILOs</i>	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	

KIN
Kinesiology -
AA-T

Recognize and apply methods to develop and promote a physically healthy lifestyle

Identify individual differences and needs of peers while interacting with others during performance of Tai Chi forms.

Expected Outcome Performance: 70.0

Apply principles of Tai Chi to improve fitness, health, and quality of life.

Expected Outcome Performance: 70.0

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

History and Philosophy (12 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) (42 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
- Adaptation of all movements for students' abilities

Total hours: 54