

PE217 : Brazilian Jiu-Jitsu I

General Information

Author:	<ul style="list-style-type: none">Erin Calderone
Course Code (CB01) :	PE217
Course Title (CB02) :	Brazilian Jiu-Jitsu I
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) :	CCC000575743
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 217 instructs students in the basics of the martial art of Brazilian Jiu-Jitsu. Instruction focuses on nogi, ground-based techniques including guard positions, mount positions, escapes, sweeps and submissions. Application focuses on development of fundamental techniques, 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

02/21/2007

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	54
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

No Value

Entry Standards

Entry Standards

Perform moderate daily physical activities.

Demonstrate awareness of personal physical limitations.

Demonstrate and maintain a positive attitude in a group environment.

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 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 JiuJitsu)
- 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

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.

SLOs

Demonstrate knowledge of Brazilian Jiu-Jitsu techniques for self-defense when under attack.

Expected Outcome Performance: 70.0

<i>KIN</i> Kinesiology - AA-T	Demonstrate an understanding of biomechanical skills at different levels
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<i>PE</i> Core PLOs	Demonstrate and apply the fundamental skills, knowledge, etiquette and vocabulary used in the practice and performance of individual activities
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ILOs
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.

KIN
Sports Coaching - A.S.
Degree Major Evaluate, compare and examine skill development, different types of tactics and strategies, coaching philosophies, leadership styles, and practice organization to enhance the growth of student-athletes.

KIN
Sports Coaching--
Certificate Evaluate, compare and examine skill development, different types of tactics and strategies, coaching philosophies, leadership styles, and practice organization to enhance the growth of student-athletes.

Demonstrate basic fundamental Brazilian Jiu-Jitsu skills using body positioning and submission techniques.

Expected Outcome Performance: 70.0

KIN
Kinesiology - AA-T Demonstrate an understanding of biomechanical skills at different levels

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

ILOs
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KIN
Sports Coaching - A.S.
Degree Major Evaluate, compare and examine skill development, different types of tactics and strategies, coaching philosophies, leadership styles, and practice organization to enhance the growth of student-athletes.

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

Expected Outcome Performance: 70.0

ILOs
Core 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.

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

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

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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 Overview 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

Introduction to Basic Fundamentals and Techniques (26 hours)

- Guard
- Guard defense techniques
- Head and wrist control
- Hip motion
- Basic submissions from guard
- Basic guard reversals
- Side control
- Body positioning
- Mount control
- Basic mount and side control submissions
- Basic Judo throws
- Understanding and utilizing 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

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 liason?

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