

PE219 : Brazilian Jiu-Jitsu III

General Information

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Course Code (CB01) :	PE219
Course Title (CB02) :	Brazilian Jiu-Jitsu III
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) :	CCC000598619
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 219 applies the intermediate skills taught in PE 218 to match situations and self-defense. Instruction focuses on differences between gi and nogi Brazilian Jiu-Jitsu and advanced ground techniques and takedowns. Application focuses on the mastery of fundamental techniques and transitions and the ability to train effectively with a partner.
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

PE218 - Brazilian Jiu-Jitsu II (in-development)

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.

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
Other	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 reading materials.
Author	No value
Citation	No value
Online Resource(s)	

Materials Fee
No value

Learning Outcomes and Objectives
Course Objectives
Apply the language of Brazilian Jiu-Jitsu as it pertains to the history, skills and strategies taught.
Evaluate and create individual game plans based on personal style and match-play situations.
Demonstrate mastery of fundamental positions, transitions, weight placement and leverage.
Demonstrate adequate proficiency in linking techniques together to create flow when training and strategies for competition.
Recognize fundamental techniques for Brazilian Jiu-Jitsu and philosophical strategies for self-defense.

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

Demonstrate mastery of fundamental Brazilian Jiu-Jitsu techniques and adequate proficiency to complete a tournament match.

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

Analyze situational strategies for match competition to create individual style and situational game plans. 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

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

Course Content

Lecture Content

No value

Laboratory/Studio Content

Review of Brazilian Jiu-Jitsu (4 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
- Submission only tournaments
- Legal and illegal submissions for different belt levels
- Comparing gi versus no-gi concepts

Development of Advanced Techniques (30 hours)

- Refine full-guard, half-guard and quarter-guard techniques
- Refine guard passing techniques
- Refine side-control, mount, S-mount and north-south positions and transitions
- Refine back control techniques and transitions
- Refine linking techniques and submission options
- Wrestling takedowns and takedown defense

- Grips and grip breaking
- Weight distribution, pressure and leverage
- Dealing with larger opponents

Warm-up and Conditioning (10 hours)

- Core strength and endurance exercises
- Cardiovascular endurance and conditioning for 5-10 minute matches
- Muscular strength and power exercises
- Sport-specific agility drills

Practice and Performance of Jiu-Jitsu Techniques (10 hours)

- Developing individual style and strategy for different situations
- Aggressive jiu-jitsu for tournament competitions
- Skill repetition drills and rolling" with training partners
- Instructional techniques for fundamental skills

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