

NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY PED 137 – MARTIAL ARTS (1 CR.)

Course Description

emphasizes forms, styles, and techniques of body control, physical and mental discipline, and physical fitness. Presents a brief history of development of martial arts theory and practice. Part I of II. Lecture 0.5 hour. Laboratory 1 hour. Total 1.5 hours per week.

General Course Purpose

This skill-related physical activity course is designed to develop agility, balance, coordination, power, reaction time, and speed through participation in a contact activity.

Course Prerequisites/Corequisites

All students must have a basic ability to read, write and speak English. The course requires the ability to participate in physical activities including walking, running, stretching, and lifting pushing or pulling weights. Modifications will be made for students who have a Memorandum of Accommodation (MOA) from Disabilities Services if the MOA indicates that an adapted physical program is required. The student can present the MOA at any time during the semester; but the adapted services are not effective until the MOA is provided to the instructor. For more information and eligibility, contact Disability Services at <http://www.nvcc.edu/current-students/disability-services/index.html>.

Course Objectives

Upon completing the course, the student will be able to:

- a) Properly execute beginner martial arts skills including offensive attack skills and defensive skills
- b) Explain martial arts terminology, history, and etiquette
- c) Engage in beginner conditioning specific to martial arts
- d) Earn belts (Levels 1&2 and beyond) based on correct form and demonstration of katas

Major Topics to be Included

- a) Stances (front stance, back stance and side stance)
- b) Blocks (up-ward block, down-ward block, forearm block and knife block)
- c) Lung punch, back fist strike, hummer fist and spear hand
- d) Kicks (front kick, roundhouse kick and side kick)
- e) Conditioning (Flexibility, Strength endurance and power) specific to martial arts