

NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY PED 137 – MARTIAL ARTS II (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 II 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 further develop agility, balance, coordination, power, reaction time, and speed through participation in intermediate and advanced level martial arts.

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 punching and chopping with the hands, lunging and kicking. 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) Explain and properly execute intermediate-advanced skills of martial arts including offensive and defensive attack skills
- b) Display a knowledge and understanding of the terminology, history, and etiquette
- c) Earn belts (Levels 3 and beyond) based on correct form and demonstration of katas
- d) Engage in advanced conditioning (Flexibility and Strength) specific to martial arts

Major Topics to be Included

- a) Intermediate conditioning and stretching specific to martial arts
- b) History, Terms, and Etiquette
- c) Intermediate and advanced kata routines
- d) Intermediate-advanced offensive and defensive martial arts skills
- e) Belt Practice and Testing (Advanced)
- f) Stances (the switch between front stance, back stance and side stance)
- g) Two hand block and double block
- h) Elbow strike and knife strike
- i) Back Kick and jump kick
- j) Earn belts (Levels 3 and beyond) based on correct form and demonstration of forms
- k) Advanced Conditioning (Flexibility, Strength and power) specific to martial arts

Optional Topics

- a) Advanced Physical Fitness Concepts and Workouts
- b) Extra-curricular martial arts classes
- c) Attendance/Participation of Martial Arts Tournament