

University of Arkansas – Fort Smith
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General Syllabus
PEAC 15661 Martial Arts I

Credit Hours: 1

Activity Hours: 2

Prerequisite: None

Effective Catalog: 2019-2020

I. Course Information

A. Catalog Description

The fundamentals of martial arts are covered. Instruction is given in rules and etiquette, and students participate in each activity.

B. Additional Information

This course is designed to teach students the basic fundamentals of martial arts. All rules and regulations pertaining to martial arts are reviewed. Students spend considerable time learning the basic techniques of the art.

II. Student Learning Outcomes

A. Subject Matter

Upon successful completion of this course, the student will be able to:

1. Demonstrate proper and improper methods of kicking, punching, break-falls, and tumbling.
2. Use proper martial arts terminology.
3. Demonstrate proper stances, movements, and Ki-ap (yelling).
4. Demonstrate sparring rules and skills.
5. Develop a physical fitness level appropriate to the art
6. Promote a wholesome attitude toward martial arts as a lifetime physical art.
7. Develop social skills through practice with partners to the mutual benefit of all involved.

B. University Learning Outcomes (ULOs)

This course enhances student abilities in the following areas:

Analytical Skills**Critical Thinking Skills**

Students will analyze the form and techniques of proper fundamentals used in martial arts.

Communication Skills (written and oral)

Students will model communication skills involved in martial arts.

III. Major Course Topics

- A. History and Terminology
- B. Theories of Power
- C. Safety and Injury Prevention (No Chewing Gum, No Jewelry)
- D. Striking and Blocking Surfaces (Hand and Feet)
- E. Martial Arts Etiquette
- F. Basic Stances
- G. Basic Exercises
- H. Hyung/Form
- I. Break Falls and Basic Tumbling
- J. Basic Sparring Techniques
- K. Pressure Point Areas (Vital Areas)