

Physical Education (PHED) 1600 Beginning Brazilian Jiu-jitsu (1 Unit) CSU

Hours and Unit Calculations:

48 lab hours (48 Total Student Learning Hours) 1 Unit

Catalog Description: This course instructs students in the fundamentals of Brazilian Jiu-Jitsu. Instruction focuses on gi, ground-based techniques including guard positions, mount positions, escapes, sweeps, and submissions. Emphasis is on safely developing fundamental techniques, conditioning, body control, self-defense, and maintaining a mutual respect between training partners.

Type of Class/Course: Degree Applicable

Additional Required Materials: Jiu-jitsu gi and jiu-jitsu belt Course

Objectives:

By the end of the course, a successful student will be able to:

1. Demonstrate understanding of the fundamental philosophical principles, etiquette, and safety of Brazilian Jiu-jitsu
2. Execute beginning Brazilian Jiu-jitsu techniques
3. Experience the physical and mental health benefits of practicing Brazilian Jiu-jitsu

Course Scope and Content: Laboratory

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| Unit I | Introduction and Overview of Brazilian Jiu-Jitsu |
| | A. Brazilian Jiu-Jitsu as a martial art and self-defense technique |
| | B. Philosophy of Brazilian Jiu-Jitsu |
| | C. Key concepts of the martial art and the importance of patience and understanding |
| | D. Hygiene |
| Unit II | Warm Up and Conditioning Routines |
| | A. Stretching exercises |
| | B. Flexibility exercises |
| Unit III | Introduction to Basic Fundamentals and Techniques |
| | A. Head and wrist control |
| | B. Hip motion |

- C. Body positioning
- D. Guard positions (Offensive and defensive)
- E. Side control positions (Offensive and defensive)
- F. Mount positions (Offensive and defensive)
- G. Basic takedowns

Learning Activities Required Outside of Class

The students in the class will spend a minimum of 1 hour per week outside of the regular class time doing the following:

- 1. Skill practice

Methods of Instruction

- 1. Verbal instruction
- 2. Demonstrations
- 3. Skill repetition
- 4. Multimedia

Methods of Evaluation

- 1. Skill demonstration
 - a. Skill improvement
 - b. Technique execution
 - c. Class competition
- 2. Participation

Supplemental Data:

T.O.P. Code:	0835.00 - Physical Education
Sam Priority Code:	E: Non-Occupational
Funding Agency:	Y: Not Applicable (funds not used)
Distance Learning:	Not Applicable
Program Status:	Program Applicable
Noncredit Category:	N: Not Applicable, Credit Course

Special Class Status:	N: Course is not a special class
Basic Skills Status:	N: Course is not a basic skills course
Prior to College Level:	Y: No Applicable
Cooperative Work Experience:	N: Is not a part of a cooperative work experience education program
Eligible for Credit by Exam:	No
Eligible for Pass/No Pass:	Yes
Discipline:	Martial Arts/Self-Defense