

Physical Education (PHED) 1610 Intermediate Brazilian Jiu-jitsu (1 Units) CSU

Prerequisite: Successful completion of PHED 1600 with a grade of 'C' or better

Prerequisite knowledge and skills: Before entering the course, the student should 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

Hours and Unit Calculations:

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

Catalog Description: This course expands on the fundamentals of Brazilian Jiu-Jitsu. Instruction focuses on refining gi, ground-based techniques including guard positions, mount positions, escapes, sweeps, and submissions. Improvements on safety, grappling techniques, and body control are the emphases of this course.

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 foundational understanding of Brazilian Jiu-jitsu strategy
2. Execute a variety of fundamental Brazilian Jiu-jitsu techniques
3. Experience the physical and mental health benefits of practicing Brazilian Jiu-jitsu

Course Scope and Content: Laboratory

Unit I Warm Up and Conditioning Routines
 A. Stretching exercises
 B. Flexibility exercises

Unit II Intermediate Fundamentals and Techniques
 A. Position before submission
 B. Control
 C. Guard positions (Offensive and defensive)

- D. Side control positions (Offensive and defensive)
- E. Mount positions (Offensive and defensive)

- Unit III Competitive 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

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