



MASTER COURSE OUTLINE

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COURSE TITLE

Beginning Brazilian Jiu-Jitsu

GENERAL COURSE INFORMATION

Dept.: PEH

Course Num: 137

(Formerly:)

CIP Code: 31.0501

Intent Code: 11

Program Code:

Credits: 1

Total Contact Hrs Per Qtr.: 22

Lecture Hrs: 0

Lab Hrs: 22

Other Hrs: 0

Distribution Designation: PEH Activity Credit AC

COURSE DESCRIPTION (as it will appear in the catalog)

Designed to teach students the art and sport of Brazilian Jiu-Jitsu (BJJ). The purpose of this class shall be to provide a structured and safe environment for learning and practicing the grappling art of Brazilian Jiu-Jitsu, along with some techniques from Judo, Sambo and wrestling. This class will focus on providing opportunities for students to gain effective self-defense and grappling experience, increase physical health, provide stress relief and promote a positive lifestyle of continual improvement. Emphasizes self-control and situational awareness in grappling-based self-defense using non-violent neutralization positions and techniques for life-threatening situations. May be repeated for up to three (3) credits.

PREREQUISITES

None

TEXTBOOK GUIDELINES

No text book, but a Brazilian Jiu-Jitsu Gi and Belt will be required

COURSE LEARNING OUTCOMES

Upon successful completion of the course, students should be able to demonstrate the following knowledge or skills:

1. Demonstrate defensive and offensive basics as a foundation for Brazilian Jiu-Jitsu in open style teaching method
2. Describe the importance of situational awareness, self-control and discipline
3. Demonstrate respect of fellow students, opponents and potential attackers
4. Describe relationship of awareness, respect, hard work, and positive attitude for achieving goals

INSTITUTIONAL OUTCOMES

IO3 Human Relations/Workplace Skills: Students will be able to demonstrate teamwork, ethics, appropriate safety awareness and/or workplace specific skills.

COURSE CONTENT OUTLINE

1. Explain methods of drilling, stretching, training, safety and cleanliness

2. Set goals, discipline and expectations
3. Common BJJ positions and at least one escape from those positions.
4. Introductory sparring

DEPARTMENTAL GUIDELINES *(optional)*

1. Midterm: goal to successfully know the common BJJ positions and at least one escape from those positions, making them eligible for the 1st white-belt stripe promotion
2. Final: goal to successfully demonstrate a live understanding of BJJ through rolling (sparring), making them eligible for a 2nd or 3rd white-belt stripe promotion

PO5 should be assessed: Students will be able to solve problems by gathering, interpreting, combining and/or applying information from multiple sources.

DIVISION CHAIR APPROVAL

DATE