Martial Arts Syllabus

Academic Year 2017-18

# Instructor Information

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| --- | --- | --- |
| Instructor |  | Class Location & Hours |
| **See location information** |  | Varies according to student’s choice |

# General Information

## Description

Martial Arts Fitness is a program designed to teach students how to pursue a lifelong fitness and wellness program and to inspire them to do so. The program provides students with the fundamentals of fitness, as well as an introduction to the martial arts. Through a variety of activities and exercises, students will improve the fitness of their body, mind and spirit, most notably:

♣ By learning and participating in stretching, strengthening and conditioning exercises, students will learn about the importance of physical fitness in their lives.

♣ By learning martial arts stances, kicks and blocks, students will learn basic self-defense and increase their self-confidence.

♣ By participating in team-building exercises, students will create a supportive learning community within the class and learn about cooperation, compromise and negotiation.

♣ By reflecting on the ethical teachings and parables of the martial arts, students will develop positive character traits and improved social skills.

♣ By learning about basic nutrition, students will build a strong foundation for lifelong wellness.

## Expectations and Goals: (circle one): Pass/Fail or Grade Given

# Pass/Fail

# Course Materials

## Required Materials (most should be provided by teacher covered in course fee, indicate if provided by student, i.e. sewing kit)

* Provided by location: instructional aides such as wood blocks and other simulations
* Provided by student: gi (uniform)
* Belts and testing fees are included

## Optional Materials (provided by student/family)

# None

**Course Outline and Objectives:**

By the end of this course, all levels of students will:

o Understand the importance of stretching, flexibility and balance.

o Show improved flexibility.

o Show improved balance.

o Understand the importance of strengthening exercises.

o Be able to demonstrate strengthening exercises.

o Be able to demonstrate the following martial arts moves: a variety of punches, blocks, kicks and self-defense strategies on level with the student’s belt color.

# End of Semester: Finished Work

* Evidence of Learning (circle one): class/parent/public performance and achievement of a higher level or rank