

# Glendale College

## Course Outline of Record Report

Course ID 003068  
Cyclical Review - March 2025

### PE215 : Martial Arts and Combatives I

#### General Information

|   |   |
|---|---|
| Author:                                     | <ul style="list-style-type: none"> <li>Erin Calderone</li> <li>Del Castillo, Steve</li> </ul>   |
| Course Code (CB01) :                        | PE215   |
| Course Title (CB02) :                       | Martial Arts and Combatives I   |
| Department:                                 | PE  |
| Proposal Start:                             | Spring 2026   |
| TOP Code (CB03) :                           | (0835.00) Physical Education  |
| CIP Code:                                   | (31.0501) Sports, Kinesiology, and Physical Education/Fitness, General.   |
| SAM Code (CB09) :                           | E - Non-Occupational  |
| Distance Education Approved:                | No  |
| Will this course be taught asynchronously?: | No  |
| Course Control Number (CB00) :              | CCC000575687  |
| Curriculum Committee Approval Date:         | 03/26/2025  |
| Board of Trustees Approval Date:            | 06/17/2025  |
| Last Cyclical Review Date:                  | 03/26/2025  |
| Course Description and Course Note:         | PE 215 helps students focus on principles and practical aspects of personal safety. Students learn methods and tactics of practical self-defense, including alternatives for situational defense strategies. Students also practice rigorous conditioning exercises and develops skills in perception, analysis, escape, compromise, avoidance, and deterrence. |
| Justification:                              | Mandatory Revision  |
| Academic Career:                            | <ul style="list-style-type: none"> <li>Credit</li> </ul>  |
| Mode of Delivery:                           | <ul style="list-style-type: none"> <li>In-Person</li> </ul>   |
| Author:                                     | No value  |
| Course Family:                              | Martial Arts  |

#### Academic Senate Discipline

|                       |   |
|-----------------------|---|
| Primary Discipline:   | <ul style="list-style-type: none"> <li>Physical Education</li> </ul>        |
| Alternate Discipline: | <ul style="list-style-type: none"> <li>Martial Arts/Self-Defense</li> </ul> |
| Alternate Discipline: | No value  |

### Course Development

**Basic Skill Status (CB08)**

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

**Course Special Class Status (CB13)**

Course is not a special class.

**Pre-Collegiate Level (CB21)**

Not applicable.

**Grading Basis**

- Grade with Pass / No-Pass Option

**Course Support Course Status (CB26)**

Course is not a support course

### Program Status

Course Program Status (CB24)

**Associated Program**

**Award Type**

**Active**

Kinesiology (AA-T)

AA-T Degree

Winter 2026

### General Education and C-ID

**General Education Status (CB25)**

Not Applicable

**Transferability**

Transferable to both UC and CSU

**Transferability Status**

Approved

**GCC General Education Requirements**

**Area**

**Status**

**Approval Date**

**Comparable Course**

Area 8: Lifelong Learning

Lifelong Learning

Approved

09/02/2025

No Comparable Course defined.

### Units and Hours

**Summary**

**Minimum Credit Units (CB07)** 1

**Maximum Credit Units (CB06)** 1

**Total Course In-Class (Contact Hours)** 54

**Total Course Out-of-Class Hours** 0

**Total Student Learning Hours** 54

**Credit / Non-Credit Options**

**Course Type (CB04)**

Credit - Degree Applicable

**Noncredit Course Category (CB22)**

Credit Course.

**Noncredit Special Characteristics**

No Value

**Course Classification Code (CB11)**

Credit Course.

Variable Credit Course

**Funding Agency Category (CB23)**

Not Applicable.

Cooperative Work Experience Education Status (CB10)

**Weekly Student Hours**

|                  | In Class | Out of Class |
|------------------|----------|--------------|
| Lecture Hours    | 0        | 0            |
| Laboratory Hours | 3        | 0            |
| Studio Hours     | 0        | 0            |

**Course Student Hours**

|  |    |
|--|----|
| <b>Course Duration (Weeks)</b>         | 18 |
| <b>Hours per unit divisor</b>          | 0  |
| <b>Course In-Class (Contact) Hours</b> |    |
| Lecture                                | 0  |
| Laboratory                             | 54 |
| Studio                                 | 0  |
| <b>Total</b>                           | 54 |
| <b>Course Out-of-Class Hours</b>       |    |
| Lecture                                | 0  |
| Laboratory                             | 0  |
| Studio                                 | 0  |
| <b>Total</b>                           | 0  |

**Time Commitment Notes for Students**

No value

**Units and Hours - Weekly Specialty Hours**

| Activity Name | Type     | In Class | Out of Class |
|---------------|----------|----------|--------------|
| No Value      | No Value | No Value | No Value     |

**Prerequisites, Corequisites, Recommended Corequisites, and Recommended Preparation**

No Value

## Entry Standards

| Entry Standards  | Description |
|--|-------------|
| Perform moderate daily physical activities.                          | No Value    |
| Demonstrate and maintain a positive attitude in a group environment. | No Value    |

## Course Limitations

| Cross Listed or Equivalent Course | Description |
|-----------------------------------|-------------|
| No value                          | No value    |

## Specifications

### Methods of Instruction

|                        |                        |
|------------------------|------------------------|
| Methods of Instruction | Laboratory             |
| Methods of Instruction | Multimedia             |
| Methods of Instruction | Demonstrations         |
| Methods of Instruction | Collaborative Learning |
| Methods of Instruction | Guest Speakers         |
| Methods of Instruction | Presentations          |

### Out of Class Assignments

- Self-evaluation (e.g. written evaluation of personal knowledge related to self-defense)

- Written analysis (e.g. written analysis of the physical and emotional benefits of self-defense techniques)

**Methods of Evaluation**

**Description of Activity/Interaction**

|   |   |
|---|---|
| Other   | Practical examination   |
| Exam/Quiz/Test                                      | Written midterm examination                                       |
| Exam/Quiz/Test                                      | Written final examination   |
| Activity (answering journal prompt, group activity) | Critique (e.g. peer-peer or instructor-student critique of forms) |

**Textbook Rationale**

No Value

**Textbooks**

| Author   | Title    | Publisher | Date     | ISBN     |
|----------|----------|-----------|----------|----------|
| No Value | No Value | No Value  | No Value | No Value |

**Other Instructional Materials (i.e. OER, handouts)**

|                           |   |
|---------------------------|---|
| <b>Description</b>        | Instructor-generated reading materials. |
| <b>Author</b>             | No value                                |
| <b>Citation</b>           | No value                                |
| <b>Online Resource(s)</b> | No value                                |

**Learning Outcomes**

**Course Objectives**

Recognize the language of defense training as it pertains to the history, skills, and strategies taught.

Evaluate and analyze concepts and methods of defense training.

Differentiate between the different styles and tactics of self-defense.

Discuss philosophies and strategies of self-defense in different situations.

Explain the interrelationship of physical and mental health in applying defensive options or responses.

Create an effective defensive plan of action based upon their own level of skill and physical fitness/conditioning.

Recall the importance of mental and physical preparedness for personal safety and self-defense.

#### SLOs

Demonstrate knowledge of physical techniques for defending when under attack. Expected Outcome Performance: 70.0

Define situational awareness and how it applies to personal safety and self-defense. Expected Outcome Performance: 70.0

Recognize basic skills, tactics, and strategies when faced with a hostile situation. Expected Outcome Performance: 70.0

Demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment. Expected Outcome Performance: 70.0

### Additional SLO Information

**Does this proposal include revisions that might improve student attainment of course learning outcomes?**

No

**Is this proposal submitted in response to learning outcomes assessment data?**

No

**If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.**

No Value

**SLO Evidence**

No Value

### Course Content

**Lecture Content**

No value

**Laboratory/Studio Content**

**Overview of Combative Methods, Approaches, Settings, and Circumstances (4 hours)**

- Standing
- Ground
- Unarmed and armed

**Introduction to Personal Weapons and Fundamental Techniques (20 hours)**

- Hands
- Elbows
- Feet

- Knees
- Attack
- Defend
- Engage
- Distract
- Disrupt
- Escape
- Gross motor techniques
- Fine motor techniques

**Warm Up, Conditioning, and Strength Exercise Routines (10 hours)**

- Stretching exercises
- Flexibility exercises
- Cardio-respiratory exercises

**Practice and Performance of Selected Self-Defense Techniques (20 hours)**

- Application of non-violent principles
- Application of defensive moves and techniques
- Application of offensive attacks and counter-attacks

**Total hours: 54 hours**

## Additional Information

**Repeatability**

Not Repeatable

**Justification (if repeatable was chosen above)**

No Value

**Is it possible this course will have a material fee?**

No

**I have contacted my library liaison (<https://campusguides.glendale.edu/faculty/liaisons>):**

No

**What term(s) will this course be offered?**

Fall/Spring

**Will any additional resources be needed for this course? (Click all that apply)**

- No

**If additional resources are needed, add a brief description and cost in the box provided.**

No Value

## Resources

**Did you contact your departmental library liaison?**

No

**If yes, who is your departmental library liason?**

Becka Cooling (Kinesiology, Social Sciences)

**Did you contact the DEIA liaison?**

No

**Were there any DEIA changes made to this outline?**

No

**If yes, in what areas were these changes made:**

No Value

**Will any additional resources be needed for this course? (Click all that apply)**

- No

**If additional resources are needed, add a brief description and cost in the box provided.**

No Value