

# Glendale College

## Course Outline of Record Report

Course ID 010357  
Cyclical Review - March 2025

### PE216 : Martial Arts and Combatives II

#### General Information

|   |  |
|---|--|
| Author:                                     | <ul style="list-style-type: none"> <li>Erin Calderone</li> <li>Del Castillo, Steve</li> </ul>  |
| Course Code (CB01) :                        | PE216  |
| Course Title (CB02) :                       | Martial Arts and Combatives II   |
| 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) :              | CCC000598618   |
| 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 216 helps students develop and master principles and practical aspects of personal safety. Students learn methods and tactics of practical self-defense, and builds on fundamental techniques taught in PE 215. Students also receive rigorous conditioning exercises and develop proficiency in 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**

No value

**Award Type**

No value

**Active**

### 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 8: Lifelong Learning

**Area**

Lifelong Learning

**Status**

Approved

**Approval Date**

09/02/2025

**Comparable Course**

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**

**Prerequisite**

PE215 - Martial Arts and Combatives I

**Entry Standards**

| Entry Standards | Description |
|-----------------|-------------|
| No value        | 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 | Discussion |
|------------------------|------------|

|                        |            |
|------------------------|------------|
| Methods of Instruction | Multimedia |
|------------------------|------------|

|                        |          |
|------------------------|----------|
| Methods of Instruction | Tutorial |
|------------------------|----------|

|                        |                        |
|------------------------|------------------------|
| Methods of Instruction | Collaborative Learning |
|------------------------|------------------------|

|                        |                |
|------------------------|----------------|
| Methods of Instruction | Demonstrations |
|------------------------|----------------|

|                        |                |
|------------------------|----------------|
| Methods of Instruction | Guest Speakers |
|------------------------|----------------|

**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**

Apply terminology of self-defense training as it pertains to the history, skills and strategies taught.

Evaluate concepts and methods of defense training for specific situations.

Apply different styles and tactics of self-defense.

Create and effectively implement a defensive plan of action based on personal skill and physical conditioning as well as situational factors.

Explain the correlation between physical fitness and the ability to mentally and physically defend yourself.

#### SLOs

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

**Explain use of force and its importance, application, and effect in regards to personal safety and self-defense.** Expected Outcome Performance: 70.0

**Demonstrate basic skills, tactics, and strategies when faced with a hostile situation.** 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**

**Combative Modalities and their Cultural and Historical Relevance to Personal Defense (8 hours)**

- Standing tactics
- Take down methods
- Ground positions and fighting
- Blunt and edged weaponry

**Force Multipliers and Weapons of Opportunity (10 hours)**

- Clothing
- Books
- Bags
- Electronics
- Office supplies
- Environment

**Personal Safety and Self-Defense Protocols (16 hours)**

- Physical attributes
- Combative skills
- Mindset
- Personal beliefs

**Self-Defense Situations and Options (8 hours)**

- 1 versus 1
- 1 versus multiple opponents
- Defending another individual

**Practice and Performance of Selected Combative Modalities (12 hours)**

- Standing
- Take downs
- Ground positions and fighting
- Blunt and edged weaponry

**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/liasons>):**

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 liaison?

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