

**General Information** *indicates required field**Course Code (CB01) ***

KIN	2000
Subject	Number

Course Title (CB02) *

Street Fighting 101

TOP Code (CB03) *

(1270.00) Kinesiology

Department *

KIN

Course Description

Describe the class as it should appear in the college catalog. Will a student reading the description know what the class is about?

SAM Priority Code (CB09)

Select a SAM Code

Course Control Number (CB00)**Faculty Requirements****Master Discipline Preferred**

None selected

Alternate Master Discipline

None selected

Bachelors or Associates Discipline Preferred

None selected

Additional Bachelors or Associates Discipline

None selected

Proposal Details**Author(s)**Phally Lay
[Add Additional Contributors](#)**Proposal Start ***

2018 FA

Submission Rationale *

JUSTIFICATION STATEMENT. Why is this course needed or why it is being updated?

MULTICULTURAL statement that indicates how the course addresses multicultural and diverse perspectives.

Class Size: 38

Attachments

Upload files (if necessary) for the course approval process.

Upload Files

Course Development Options

More Options

Course Basic Skill Status (CB08)

Course is not a basic skills course.

Course Special Class Status (CB13)

Course is not a special class.

Grade Options

Pass/No Pass, Letter Grade methods

Allowed Number of Retakes

0

Allow Students to Gain Credit by Exam/Challenge

Allow Students To Audit Course

Retake Policy Description

Short explanation of the Retake Policy for this course.

Rationale For Credit By Exam/Challenge

Short Explanation of the Rationale For Credit By Exam/Challenge

Associated Programs

Course is part of a program (CB24)

No programs defined

Transferability & Gen. Ed. Options

Request for Transferability (CB05)

Transferable to both UC and CSU

Transferability Status: Pending

PLAN	Categories	Transferability Status	Comparable Course
PLAN A - AA Degree + Career 5	HEALTH AND WELLNESS PROFICIENCY REQUIREMENT	09/12/2017 Requested	No Comparable Course defined.
PLAN B -- CSU General Education C1. Fine Arts (Arts, Cinema, Dance, Music, Theater)	Fine Arts (Arts, Cinema, Dance, Music, Theater)	09/12/2017 Requested	Institution: CSU, Bakersfield Catalog Year: 2016-2017 Page: 292 Course No. KIN 4000 Title: Street Fighting 101 Units: 3 Lecture: 3.0 Lab: 0 Prerequisite: None Description: CSU, Bakersfield course description copied here.
PLAN C - IGETC (CSU and UC) Area 3A	Arts (09/12/2017 Requested	Institution: CSU, Bakersfield Catalog Year: 2016-2017 Page: 292 Course No. KIN 4000 Title: Street Fighting 101 Units: 3 Lecture: 3.0 Lab: 0 Prerequisite: None Description: CSU, Bakersfield course description copied here

System/Institution

No System/Institution select...

Categories

None selected

+ Add request

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Units and Hours

Credit / Non-Credit Options

Course Credit Status (CB04)

Credit - Degree Applicable

Course Non-Credit Category (CB22)

Credit Course.

Non-Credit Characteristics

-- Select Option --

Course Classification Code (CB11)

Credit Course.

Funding Agency Category (CB23)

-- Select Option --

Cooperative Work Experience Education Status (CB10)

Variable Credit Course

Weekly Student Hours

	In Class	Out of Class	Default Ratio
Lecture Hours	3	6	1:2
Lab Hours	0	0	3:0
Activity	0	0	2:1

List the number of lecture and lab hours for each week BASED ON AN 18-WEEK schedule. Note that a course can be OFFERED in a different schedule by doubling up the weekly hours listed here. The state expectation is two hours of study/homework OUTSIDE of class for EACH hour of lecture/credit. The assumption for lab hours is that study and work take place in the classroom, so three hours of lab is equivalent to one hour of lecture. One hour of lecture or three hours of lab should be assigned for each credit the student earns. Faculty load is calculated automatically based on the weekly hours you enter here. For entries less than one full hour of lecture or three hours of lab the calculation rounds to the nearest half credit the state will fund for the course.

Specialty

Activity	Type	In Class	Out of Class	
	Activity	0	0	<input type="button" value="Add"/> We do not normally include information in this area.

No specialty defined

Credit Units

Course Duration (Weeks)

Hours per unit divisor

In-Class Hours

Total Lecture Contact Hours: 54.00

Total Lab Contact Hours: 0.00

Total Activity Contact Hours: 0.00

Total Contact Hours: 54.00

Out-Of-Class Hours

Total Out-of-Class Hours: 108.00

Total Student Learning Hours: 162.00

Total Credit Units

Minimum Credit Units (CB07)

Maximum Credit Units (CB06)

Time Commitment Notes for Students

Short explanation of the time commitment for this course.

Faculty Load

Extra Duties

Faculty Load: 0

Pre-requisites, Co-requisites, Anti-requisites and Advisories

Requisite Type: Prerequisite |
 Course: A&P - 120 Introduction to H... |
 Objective(s): None selected
+ Add New Requisite

PEX - 149 Tae Kwon Do, Beginning Advisory	Objective(s) <ul style="list-style-type: none"> Apply basic Tae Kwon Do principles in everyday life situations Perform the basic techniques of Tae Kwon Do Discuss the basic philosophy and principles of Tae Kwon Do 	Satisfactory completion of PEX 147 with a grade of Pass or "C" or higher.
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ENGL52 INTRODUCTION TO COLLEGE COMPOSITION Prerequisite	Objective(s) <ul style="list-style-type: none"> Demonstrating the following in writing 1. Prewriting techniques 2. Topic or organizing sentences 3. Specific supporting sentences 4. Transitions within and/or between paragraphs 5. Concluding or closing sentences and paragraphs 6. Sentences that express i Developing of critical thinking and evaluative or analytical commentary in several compositions based on readings and viewing of audio visual presentations Responding critically both to fiction and nonfiction Demonstrating knowledge or research techniques 1. Library orientation 2. Documentation a. Parenthetical citations b. Works Cited preparation Editing to the conventions of standard English Appreciating the nuances of language Producing coherent, unified writing with a minimum of usage errors, using a central idea and developing that idea with specific details, illustrations, or experiences Producing evidence of synthesizing, assessing, and applying information 	Prerequisite: Completion of ENGL 52, or ENGL 72, or ESL 152 or equivalent with a grade of "C" or higher or "Pass", or completion of the English Placement Process with eligibility for ENGL 100
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ESL152 Introduction to College Composition for Non-Native English Speakers Prerequisite	Objective(s) <ul style="list-style-type: none"> Use writing process techniques to complete a writing task Use advanced level English grammatical structures, vocabulary, sentence structure, and mechanics in compositions Edit and revise essay using various revision methods to improve diction, sentences, paragraphs, and overall essay effectiveness Analyze and identify main idea, supporting points, implied meaning, method of development, and draw conclusions from college-level reading material Distinguish academic English from informal language in readings and use more academic vocabulary in compositions Demonstrate knowledge of research techniques including using library and finding credible sources of information Read, analyze, synthesize, and respond to various readings, and use relevant ideas in class discussions and writing to show their understanding of readings Write a research paper with 2-3 outside sources Develop critical thinking and evaluative or analytical commentary 	Prerequisite: Completion of ENGL 52, or ENGL 72, or ESL 152 or equivalent with a grade of "C" or higher or "Pass", or completion of the English Placement Process with eligibility for ENGL 100
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	developed supporting paragraphs with transitions, and a concluding paragraph	
	<ul style="list-style-type: none"> Exhibit proper use of MLA format Use proper citation for paraphrases and direct quotes Identify effects of language choices 	

PEX - 147 Personal Self Defense Co-Requisite	Objective(s) <ul style="list-style-type: none"> Perform and have a working knowledge of the non-physical strategies, such as; 1. Running 2. Verbal de-escalation 3. Psychological defenses 4. Reporting confrontations to authorities Utilize knowledge of personal safety in such areas as; 1. Home safety 2. Phone precautions 3. Elevator safety 4. Car cautions 5. Public transportation cautions 6. Purse carrying precautions Demonstrate defense for dangerous situations such as; 1. Acquaintance rape 2. Exhibitionist 3. Date rape drugs 4. Two or more assailants 5. Obscene phone calls 6. Robber 7. Rapist Demonstrate tactics for defense including; 1. Defensive stance 2. Kicks 3. Elbow 4. Heel palm 5. Releases 6. Holds 7. Weapons for defense 8. Defense against weapons 	Without Content Review.
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Entrance Skills

Skill description: + Add New Skill

No skills defined

Limitations on Enrollment

Limitation description: + Add New Limitation

No limitations defined

Specifications

Methods of Instruction

Lecture

Can elaborate more in text box

Discussion

Can elaborate more in text box

Participation

Can elaborate more in text box

Physical Activity (i.e., PE/Danc...

Can elaborate more in text box

Collaborative Learning

Can elaborate more in text box

Other

DSPS statement must be included.

+ Add Method of Instruction

Assignments

A. Reading

1. Related articles and textbook assignments

B. Writing or problem solving or skill attainment

1. Develop and improve strength and flexibility
2. Demonstration of basic Street Fighting techniques

C. Critical thinking

1. Identification and understanding of proper rules and regulations
2. Identification and understanding of appropriate techniques and biomechanics of Street Fighting

Methods of Evaluation

Primarily Multiple Choice Tests

Can elaborate more in text box

Other testing formats

Can elaborate more in text box

Group Research Project(s)

Can elaborate more in text box

Participation

Can elaborate more in text box

+ Add Method of Evaluation

Equipment

- Protect gear
- Helmets
- Body Glove 3T running shoes.

Other Instructional Materials

References: [Park, Yeon Hee, Yeon Hwan Park, and Jon Gerrard. Tae Kwon Do. 3rd ed. New York: Facts on File, 2009](#)

Description *

Add a Description

Author

Add Author

Citation

Add Citation

+ Add Material

Textbooks

Author

New Author

[Lee, Kyu Hyung and Sang H. Kim.](#)

[Complete Taekwondo Poomsae: The Official Taegeuk, Palgawae and Black Belt Forms of Taekwondo.](#)
Santa Fe: Turtle, 2017

Title

New Title

Publisher

New Publisher

Date

New Date

ISBN

New ISBN

+ Add New Textbook

Materials Fee

Materials Fee

Learning Outcomes

Course Objectives

Start writing the new Course Objective name to add it

Add New Course Objective

No Course Objectives defined

CSLOs

Start writing the new CSLOs name to add it

Add New CSLOs

CSLOs

Expected SLO Performance

A. Discuss the basic philosophy and principles of Street Fighting

x

B. Perform the basic techniques of Street Fighting

x

C. Apply basic Street Fighting principles in everyday life situations

x

TEMPLATE



Course Outline

COURSE CONTENT IS ENTERED HERE.

- A. Principles and philosophy of Tae Kwon Do
 - 1. History
 - 2. Duality and harmony
 - 3. Concept of "Present Time"
 - 4. Tae Kwon Do as a way of life (do = path) Rules and regulations; proper etiquette
- B. Demonstration of basic techniques
- C. Warm up one-person and two-person exercises
 - 1. Basic Techniques
 - 2. Stances
 - 3. Blocks
 - 4. Strikes
 - 5. Kicks
- D. Discussion of forms-Taegeuk Il Jang
- E. Demonstrate self defense combinations; basic movement drills
- F. Discussion of theory and application of sparring; sparring drills and techniques
- G. Theory and application of practical defense

Lab Outline

CHECK THE BOX FOR LAB COMPONENT FOR TEXT BOX TO APPEAR TO ENTER LAB CONTENT.

- A. Practice basic warm-up for one and two people
- B Practice basic techniques for stances, blocks, strikes and kicks
- C. Practice self defense combinations and basic movement skills
- D. Practice sparring techniques and drills