

# PE C169: SELF DEFENSE ARTS

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Item	Value
Top Code	083500 - Physical Education
Units	1 Total Units
Hours	36 Total Hours (Lecture Hours 9; Lab Hours 27)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)

## Course Description

The student will participate in and sample a variety of techniques from various Martial Arts, which can include Aikido, Judo, Karate, and Hawaiian Lua, that are designed to increase self-awareness, confidence, and assertiveness when faced with a physical confrontation. The Laws of Self-Defense will also be covered in the course. Enrollment Limitation: KIN C169; students who complete PE C169 may not enroll in or receive credit for KIN C169. Transfer Credit: CSU.

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## Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)
- Lab (04)
- DE Live Online Lab (04S)
- DE Online Lab (04X)