

# **COURSE OUTLINE**

## **EXSC-220**

### **Introduction to the Martial Arts**

**3 Semester Hours**

## **HOWARD COMMUNITY COLLEGE**

### **Description**

This course is designed to provide the student with a comparative study of the diverse martial arts systems of the world. Martial arts of various regions and cultures will be examined including those of Ancient Greece and Rome, Southeast Asia, East Asia, Africa, South America, Europe, and North America. This course will examine the physical, psychological, historical, anthropological, and social influences of the martial arts on global societies. The impact of gender, culture, and competition on the development and variation of indigenous martial arts will be investigated. The role martial arts have played and plays in the development of fine and performance arts will also be examined. (3 hours weekly)

### **Overall Course Objectives**

Upon completion of this course the student will be able to:

1. Identify and describe the martial arts of various cultures including.
2. Compare and contrast the typologies of martial arts systems.
3. Describe the physical training methods used by various martial arts discipline.
4. Evaluate the training methods of various martial arts systems.
5. Explain the impact martial arts have had on individual and social psychologies.
6. Compare and contrast the influence martial arts have had on the philosophical development of various cultures.
7. Describe the role martial arts have played in the development and production of art.
8. Describe the role martial arts have played in various forms of literature including poetry and writing.
9. Describe the role martial arts have played in the dance, theatre, film, and modern media.
10. Evaluate the impact the martial arts have had on the cultures of various groups and countries.
11. Identify the role of women in martial arts.
12. Compare and contrast martial arts for combat and those for competition.

### **Major Topics**

- I. Physical Aspects of Martial Arts
- II. History of Martial Arts
- III. Martial Arts as Performance Art
- IV. Cultural Impact of Martial Arts
- V. Combat Sports vs. Self-Defense in the Martial Arts
- VI. Relationship between Gender and Martial Arts
- VII. Martial Arts in Literature
- VIII. Role of Martial Arts in Film
- IX. Psychosocial Aspects of the Martial Arts

### **Course Requirements**

Grading/exams: Grading procedures will be determined by the individual faculty member and may include:

Participation

Written quizzes and cumulative final

Written assignments

Writing: Specific writing assignments will be determined by the individual faculty member.

### **Other Course Information**