

COURSE OUTLINE

EXSC-230

Philosophy of the Martial Arts

3 Semester Hours

HOWARD COMMUNITY COLLEGE

Description

This course will examine the philosophical bases of the martial arts of the world, including those of Ancient Greece and Rome, Southeast Asia, East Asia, Africa, South America, Europe, and North America. The impact various philosophical systems have had on the development of the martial arts will be investigated. Conversely, the influence martial arts may have had on the development of the philosophical systems themselves will be reviewed. (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
2. Define philosophy.
3. Describe the various areas of philosophy.
4. Identify the relationship between philosophy and the martial arts.
5. Explain the major philosophical issues related to the martial arts.
6. Identify the following the different martial arts systems as they relate to the following philosophical systems:
 - a. Hinduism
 - b. Buddhism
 - c. Taoism
 - d. Confucianism
 - e. Zen Buddhism
7. Describe philosophies involved with the African Martial Arts
8. Compare and contrast the different philosophical bases for the martial arts.
9. Describe the relationship of ancient Greek philosophy and the martial arts
10. Modern Martial Arts and the Philosophy of Eclecticism

Major Topics

- I. What is philosophy?
- II. Martial Arts as Philosophy
- III. Major philosophical issues related to the martial arts.
- IV. The martial arts of the world and their philosophies.
- V. Philosophy of African and African-descendent martial arts.
- VI. Analyze the modern martial arts philosophy of eclecticism.
- VII. Ancient Greek philosophy and the martial arts.
- VIII. 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