

**PHED 1100, 1101, 2101, 2101**  
**Aikido**

**Western Texas College**  
**Department of Physical Education/Health**

- I. Basic Course Information
  - A. Course Description-This is an activity class in beginning Tomiki Ryu Aikido. Content includes the history, introduction to basic skills in balance and distance, hand releases, strikes, arm bars, and wrist locks. Ukemi (break fall) will be introduced as well.
  - B. Prerequisites - No prior knowledge needed for entry into this course.
- II. Student Learning Outcomes
  - A. Students will participate daily improving the skills being introduced/taught.
  - B. Students will demonstrate respect to each other and the instructor as is taught.
- III. Major Course Requirements
  - A. Attendance and participation is graded daily. 3 points will be deducted for absence and/or lack of participation.
  - B. There will be assigned writing topics in the history of Aikido; wellness/fitness topics.
  - C. Daily practice of skills will be the most important aspect of this class.
- IV. Information on Books and Other Course Materials
  - A. NO textbook is required in this class.
  - B. Articles, books, videos can be used for extra credit or for excused absences. Assisting students in this selection comes from the instructor and members of the Library Staff.
- V. Other Policies: Please refer to the WTC Course [Catalog](#) for the following:
  - A. Campus Calendar
  - B. Final Exam schedule
  - C. How to drop a class
  - D. Withdrawal information
  - E. Student Conduct/Academic Integrity
  - F. Students with disabilities
  - G. Departmental Policy in regard to make-up/late work. Students must explain and make up all excused absences as soon as possible after the absence
- VI. Course Organization & Tentative Schedule\*

Week 1 - 2	Time is used to introduce the class and structure, expectations, grading, etc. Some topic assignments may be made for students while the class is still open for registration. Topics could include issues of wellness, strength, and other martial arts.
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Week 3	When the class is settled in, instruction begins, and practice daily is the rule. Safety is paramount. Releases and escapes will begin at this time. Balance, center of gravity, distance of closure will be stressed and practiced.
Week 4 - 15	Practice of ALL skills taught are done each class meeting. Immediate corrections are made to help perfect each skill. When acceptable, new skills are introduced. This redundancy can be boring for some students -- so get ready for it.
Week 16	Students will perform all of the skills taught in a non-stop presentation for their final.

\*The above schedule, policies, procedures, and assignments in this course are subject to change.

Last Modified: June 11, 2019