

Hagerstown Community College

MASTER SYLLABUS

COURSE: PED 127 Basics of Aikido **1 Credit**

DATE: 1/3/2018

INSTRUCTOR: Ron Sulchek, Nidan
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E-Mail rsulchek@sulchek.com

Evenings: Monday (7:00 – 8:30 pm) and Wednesday (6:30 – 7:45 pm) at the Western Maryland Aikikai, Inc (training location), 105A North Potomac Street, Hagerstown, MD (second floor).

Note: Classes will also be taught by other certified black belt instructors at WMA

COURSE DESCRIPTION: - This course is intended to provide an introduction to the fundamentals of Aikido through physical training and practice. Aikido is a Japanese Martial art that redirects the energy of an opponent's attack to safely control it. It emphasizes blending with the attack rather than confronting it with hard techniques such as kicks or punches. Aikido also utilizes throws and joint immobilizations to subdue an attacker.

TEXTBOOK: Materials will be provided in class.

Academic Integrity: The HCC Student Code of Conduct is published in the College Guide: A Handbook Planner for Students and may be obtained in the Student Activities Office. The Code of Conduct includes principles, rights, and prohibited conduct related to academic integrity and due process.

Services for Students with Disabilities: Students may receive reasonable accommodations if they have a diagnosed disability and present appropriate documentation. Students seeking accommodations are required to contact the Disability Support Services (DSS) office as early as possible. Students may contact a DSS staff member for an appointment at dss@hagerstowncc.edu or at [240-500-2530](tel:240-500-2530).

	DIRECT Faculty Instruction In-class 26.25 h required	Student Work Out of Classroom 13.50 h required
Classroom Lecture and Physical Activity	26.25 hours	5 hours of practice (minimum of 20 minutes 1 time a week)
Reading handouts, textbook,		5 hours (minimum of 20

research		minutes per week)
Journal Writing		2 1/2 hours (minimum of 10 minutes each week)
Research project		Approximately 1 hour (for mid term and final)
Quizzes/Assessments	Included in lecture time	
Mid Term and Final Exam	Included in lecture time	
Total Hours	26.25 h	13.50 h