

# North Hennepin Community College

## GCST 1211: The History, Philosophy, and Practice of Traditional Aikido I

### A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: Goal 08 - Global Perspective, Goal 09 - Ethical/Civic Resp

Join in an interdisciplinary exploration of the Japanese martial art Aikido through mental and physical practice. Realize how Aikido's unique history, philosophy, and technique can be integrated into everyday living to strengthen mind and body, appreciate nature, respect others, build positive relations, and contribute to society.

Definition: Aikido is a traditional Japanese martial art. Its system includes hand-to-hand, sword, and staff techniques. Aikido principles are based on harmonizing mind and body with a partner's attack. People of all ages, sizes, and abilities can practice it. There are no tournaments or competitions. Its purpose is to build health, respect and responsibility through mental and physical discipline.

Note: Aikido is a hands-on martial art and will be instructed and conducted authentically; therefore, bowing, physical contact, and training with the opposite gender are absolute requirements of this course. Additionally, this course is an elective course in Interdisciplinary Studies fulfilling the MnTC Goal Areas 8 & 9. It will not count toward any HEALTH OR PE requirements.

**B. COURSE EFFECTIVE DATES:** 08/25/2014 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Study of the history of Aikido.
2. Study of the philosophy, language, etiquette and techniques of Aikido.
3. Study of Aikido birthplace and its World Headquarters.
4. Study of the Ueshiba family (Founder) and other prominent people in Aikido (i.e., Morihiro Saito).
5. Engage in the physical practice of Aikido.

### D. LEARNING OUTCOMES (General)

1. Demonstrate basic knowledge and understanding of the history, philosophy, language, etiquette and techniques of Traditional Aikido. (MnTC Goal: 8 comps. a, b, and d & Goal: 9 comp. a, b, and e; NHCC ELO 1)
2. Articulate how the interdisciplinary study of Aikido promotes a life-long appreciation for global perspectives. (MnTC Goal: 8 comps. a, b, and d & Goal: 9 comp. a, b, and e; NHCC ELOs 2, 3)
3. Identify and apply ethical and civil actions through mental and physical disciplinary training. (MnTC Goal: 8 comp. a, b, and d & Goal: 9 comp. a, b, and e; NHCC ELOs 1, 2, 3.)

## **E. Minnesota Transfer Curriculum Goal Area(s) and Competencies**

### Goal 08 - Global Perspective

1. Describe and analyze political, economic, and cultural elements which influence relations of states and societies in their historical and contemporary dimensions.
2. Demonstrate knowledge of cultural, social, religious and linguistic differences.
3. Understand the role of a world citizen and the responsibility world citizens share for their common global future.

### Goal 09 - Ethical/Civic Resp

1. Examine, articulate, and apply their own ethical views.
2. Analyze and reflect on the ethical dimensions of legal, social, and scientific issues.
3. Identify ways to exercise the rights and responsibilities of citizenship.

## **F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

## **G. SPECIAL INFORMATION**

1. Knowledge of Human Cultures and the Physical and Natural World--Through study in the sciences, mathematics, social sciences, humanities, histories, languages, the arts, technology and professions.
2. Intellectual and Practical Skills--Including: Inquiry and analysis; Critical and creative thinking; Written and oral communication; Quantitative literacy; Information literacy; Teamwork and problem solving.
3. Personal and Social Responsibility and Engagement--Including: Civic knowledge and involvement--campus, local and global; Intercultural knowledge and competence; Ethical reasoning and action; Foundations and skills for lifelong learning.