

# North Hennepin Community College

## GCST 1212: The History, Philosophy and Practice of Traditional Aikido II

### A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites:

This course requires the following prerequisite

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

Corequisites: None

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

This course is a continuation of the interdisciplinary exploration of the Japanese martial art Aikido through mental and physical practice. It will include further study of Aikido's unique history, philosophy, and the next level of techniques, integrating what is learned 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. Continued study of the history of Aikido, its birthplace and World Headquarters, and prominent people in the practice of Aikido
2. Continued study of the culture, philosophy, language, etiquette, and techniques of Aikido.
3. Engage in the physical and mental practice of Aikido at the next level.
4. Connection of the mental and physical practice to one's daily life to include living in a healthy, respectful and responsible manner

### D. LEARNING OUTCOMES (General)

1. Building on skills learned in Aikido I, students will further refine their Aikido practice, advancing their technique to include an awareness of personal responsibility and one's inter-relatedness to society. (MnTC Goal 8, comps. a, b, d; MnTC Goal 9, comps. a, b, e; NHCC ELO 1)
2. Analyze the societal dimensions (cultural, political, economic) from which the practice of Aikido emerged and correlate to the times and society in which one lives today. (MnTC Goal 8, comps. a, b, d; NHCC ELOs 2, 3, 4)
3. Building on the mental and physical awareness introduced in Aikido I, students will relate the practice of Aikido to a healthy, respectful and responsible approach to one's own daily life activities, interactions with the world of their daily activities and challenges they face. (MnTC Goal 9, comps. a, b, e; NHCC ELOs 2, 3, 4)

## **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.
4. Integrative and Applied Learning--Including: Synthesis and advanced accomplishment across general education, liberal studies, specialized studies and activities in the broader campus community.