SWELL 141 • MARTIAL ARTS

Please refer to the welcome page for general information:
https://studentwellness.byu.edu

COURSE CONTENT: Hybrid martial art class based primarily in Jui-Jitsu. Show and explain proper etiquette expected in martial arts, perform basic grappling control tactics, and participate in grappling martial art competition.

LEARNING OUTCOMES

1. Students will be able to perform basic martial art skills to assist with general coordination and to encourage development of a new life skill.
2. Students will be able to explain the techniques and principles of martial arts.
3. Students will be able to prioritize their wellness by setting goals, tracking progress, and cultivating connections to their peers and to Jesus Christ.

ATHLETIC ATTIRE: BYU Student Wellness expects all patrons to wear proper attire while participating in its athletic programs. In accordance with the CES Dress and Grooming Principles and Expectations, the following dress accommodations have been made for athletic participation, as well as to ensure the health and safety of all participants:

1. Patrons should wear proper attire applicable to the athletic activity.
2. Shirts, shorts or pants, and appropriate footwear must be worn at all times.
3. Undergarments and midriff should be covered with clothing.
4. Clothing with belts and/or exposed metal (buttons, snaps, rivets, and/or zippers) are not permitted.

Additional standards for specific facilities, areas, and programs may apply. Student Wellness reserves the right to determine proper program attire.

For Martial Arts classes only: A martial art uniform (called a gi) is strongly recommended for class. The uniform makes martial arts more comfortable and allows students to pull on the clothing in a more realistic way. If you already have a gi, you may wear it with a white belt; otherwise, you may obtain one on your own or ask your instructor about how to purchase one.

HONOR CODE: In keeping with the principles of the BYU Honor Code, students are expected to be honest in all of their academic work. Academic honesty means, most fundamentally, that any work you present as your own must in fact be your own work and not that of another. Violations of this principle may result in a failing grade in the course and additional disciplinary action by the university. Students are also expected to adhere to the Dress and Grooming Standards. Adherence demonstrates respect for yourself and others and ensures an effective learning and working environment. It is the university's expectation, and every instructor's expectation in class, that each student will abide by all Honor Code standards. Please call the Honor Code Office at 422-2847 if you have questions about those standards.

INHERENT RISK: In consideration of my being enrolled in Martial Arts at BYU, **I ACKNOWLEDGE AND AGREE TO ASSUME THE INHERENT RISKS OF THE ACTIVITIES ASSOCIATED WITH THIS CLASS**. I acknowledge

the risks involved in this class may include, but are not limited to: Injuries from martial arts or gymnastic-like movement; abrasions, dislocations, cuts, bruises, blisters, broken bones, strains, sprains, falls, concussions, torn muscles, internal injuries, spinal injuries; injuries caused by other participants, blows to the body, face or head, exhaustion, dehydration, physical or emotional distress; injuries from contact with equipment; injuries occurring from colliding with other participants or objects; bad decision-making; inattention of or actions of other participants; misuse or failure of equipment; damage to clothing and other personal items and other risks, hazards, or accidents, whether foreseen or unforeseeable.

FEES & EQUIPMENT: Not applicable.

QUESTIONS OR CONCERNS: If you have questions or concerns, please visit with your instructor or contact Student Wellness in 112 Richards Building or email swellassistant@byu.edu.