STUDENT WELLNESS

ACTIVITY CLASSES

STAC 141—Martial Arts

PLEASE REFER TO THE WELCOME PAGE FOR GENERAL INFORMATION:
http://studentwellness.byu.edu/physical/activitycourses

DESCRIPTION
This course is a hybrid martial art class based primarily in Jui-Jitsu. Jiu-Jitsu is an art that uses principles of leverage to minimize differences in strength, size and athleticism. This leverage will allow you to successfully defend and control a larger, stronger and more athletic opponent. The course is designed to get you on your way to the first Jiu-Jitsu rank of blue belt. To achieve blue belt there are two main goals; street readiness, and competition preparation.

OBJECTIVES
• Show and explain proper etiquette expected in martial arts and show your knowledge of these concepts on a written examination and through daily class activities.
• Perform basic grappling control tactics to defeat larger and stronger opponents.
• Participate in grappling martial art competition.
• Continue your involvement in martial arts as a lifetime activity.

GRADING
• This course is graded PASS/FAIL
• Students must meet the following criteria to pass this course.
  1. Pass the attendance part of the course with 80%—no more than 5 hours absent
  2. Pass the written part of the class with 75% on the written test.
Students who do not meet these criteria will receive an E (fail) grade which will impact their GPA.

ATTENDANCE/PARTICIPATION
• Because participation is the primary component of an activity class, attendance is requisite to pass the class.
• Students must attend and participate in 80% of all class sessions to pass the course (Department policy). There is no such thing as an excused absence for University business. The purpose of the allowed absences is to accommodate for illness, injury, or University business.
  • For twice a week semester classes or 4 times a week block and Spring/Summer term classes, this equals no more than 5 class periods missed.
  • For twice a week block or Spring/Summer term classes and once a week semester classes, this equals no more than 2 class periods missed.
  • For once a week block classes, this equals no more than 1 class period missed.
• Excessive tardiness is not acceptable. Three (3) incidents of tardiness equal one (1) absence. If a student arrives after class begins, it will count as a tardy. If the student arrives 10 minutes or more after the class begins or leaves early, it will count as an absence.
• Students adding late can make up classes missed prior to adding during a 2 week period following the add/drop deadline. They should see the instructor for options immediately upon adding.
• A student incurring a prolonged injury or illness resulting in more than the allowed absences can withdraw from the class prior to the withdrawal deadline (see academic calendar). Students with a prolonged illness or injury occurring after the withdraw deadline can petition to withdraw at petitions.byu.edu. Call 801-422-2631 with questions about the petition process.
• If a student has any questions about this policy, contact Student Wellness, 112 RB, activity@byu.edu

SAFETY MEASURES
Safety is a very important issue in this class; therefore, personal control must always be a priority. Unruly or overly aggressive behavior will not be tolerated. You are expected to treat fellow classmates with respect at all times. To help prevent injury, no jewelry should be worn during class; this includes but is not limited to watches, rings, bracelets, necklaces, etc., or any sharp object that could be caught on clothing or skin. Finger and toenails should be trimmed to prevent injury.

DRESS & ATTIRE
A Jiu-Jitsu/Judo or other martial art uniform (called a gi) is strongly recommended for the class. The uniform makes martial arts more comfortable and allows us to pull on the clothing in a more realistic way. If you already have a uniform, you may wear it with a white belt; otherwise, you may obtain it on your own or ask your instructor about how to purchase one.

If you choose not to buy a gi, a t-shirt and shorts or sweats are required for your participation in this class. Clothing shall be modest, clean and properly mended. Shirts must cover the shoulders and full torso. Shorts or sweats must reach at least mid-thigh. Inappropriate logos or sayings will not be tolerated. Proper footwear is also required and varies according to the activity and facility. Students who are not dressed in appropriate athletic attire will not be allowed to participate and are counted absent.

INJURY
Any injury occurring during scheduled class time should be immediately reported to your instructor.