# Centre Wellington District High School Dance, Grade 12, University/College Preparation, AT0 4M1 (Martial Arts) Self-Defense—Sport—Way of Life

Teacher: Mr. Gessner

# **Course Description**

This advanced course emphasizes the development of technical proficiency and the creation and presentation of complex compositions in martial arts. Students will acquire increasingly difficult technical skills; assume leadership as martial artists, choreographers, and production personnel; analyze and evaluate martial arts performances; and study historical and cultural aspects of martial arts.

**Prerequisites:** ATO 2O1, 3O1 or 3M1

Rank: yellow belt to orange belt or orange belt to green belt

**Materials:** Course duotang (replacement cost \$10.00)

Course fees: Protective mouthpiece (\$5.00).

Protective sparring gloves provided (replacement cost \$40.00)

# The following Ministry of Education Strands provide a framework for this course:

1) Theory

2) Practical/Creation

3) Analysis

# **Units of Study:**

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Area of Focus		Essential Cumulative
Practical/Creation	Theory/Analysis	Assignments
Blocking, Striking,		Practical demonstration
Counters, Sparring and		Unit #1 written test
Competition	Training strategies	Warm up #1
	Nutrition	Performance Nutrition
	Injury prevention and	seminar
Control - Locks and	treatment	Practical demonstration
Restraints	Historical and cultural	Injury prevention and
	analysis	treatment report
Throws, Takedowns and	Competition rules	Practical demonstration
Grappling and Competition	Performance production	Unit #2 written test
	Elements	Warm up #2
	Leadership and teaching	Style seminar
Weapons defense	strategies	Group performance
		Summative demonstration
		Final exam

## **Assessment and Evaluation**

Term work = 70%

Summative (final demonstration 20% and exam 10%) = 30%

#### **Course Policies**

## **Attendance and Evaluation**

- > Students are expected to follow the CWDHS attendance policy as outlined in The Student Agenda Planner/Code of Conduct. Care should be taken when scheduling appointments and family vacations, and teachers should be notified of known absences as early as possible.
- Extra effort should be made to attend class during group work periods and peer presentations.
- Each major assignment will have a specific due date. Students must submit assignments by the established due date in order to avoid late penalties.
- > Students may be required to complete unfinished work on demand.
- All cumulative assignments must be completed in order to earn credit in the course.
- All tests and presentations must be completed on the days assigned to them.
- Missed work must be made up the day following a student's legitimate and verifiable absence.
- > Students must submit mandatory term assignments by the last class of each term in order to receive credit for them.

# **In-Class Assignments and Attendance**

- All tests, in-class presentations and seminars must be completed on the assigned dates. If the student is ILL on one of these days, he or she, or a parent or legal guardian, must email (oliver.gessner@ugdsb.on.ca) or telephone the school at 843-2500, ext. 526 before NOON to set up an alternate date for completion.
- In this course, more than TWENTY DAYS absent may result in a forfeit of your credit

## **Plagiarism**

- > Students are expected to follow the CWDHS plagiarism policy as outlined in The Student Agenda Planner/ Code of Conduct.
- ➤ Plagiarism is the use of someone else's ideas or words without giving proper credit. Plagiarism is a serious offence that is not tolerated.
- ➤ If a student's work shows evidence of plagiarism, the student will meet with the teacher and the vice principal. At the discretion of the teacher and/or vice principal the student will re-submit the assignment with a penalty, receive a failing mark on the assignment, or expulsion from the course.

## **Safety**

> Safety is the most important concern in the dojo. Students who are unable to follow instructions, train recklessly, bully, or attempt to injure another student, may be withdrawn from the course.

<sup>\*</sup> See "Dojo Rules and Procedures" (on bulletin board for a complete list of rules)