

The Dragon Academy ~ Course Syllabus 2007-2008

FORM 4 ~ Physical Education
Instructor: Mr. Ferraro

Course Description

This course emphasizes regular participation in a variety of enjoyable physical activities that promote lifelong healthy active living, with a focus on self-defense skills and techniques. Students will learn movement skills and principles, ways to improve personal fitness and physical competence, and safety and injury prevention. They will investigate issues related to healthy sexuality and the use and abuse of alcohol, tobacco, and other drugs, and will participate in activities designed to develop goal-setting, communication, and social skills.

Units of Study

Unit 1: Assessment and Orientation

Time: 10 hours

Unit Description

The students will participate in the examination of the state of their personal fitness and begin to keep a journal of their diet and exercise, preparatory to them designing personal fitness programs.

Unit 2: Basic Skills

Time: 15 hours

Unit Description

The students will be taken through the basic skills of self-defense and master the skills essential for continuing safe instruction, such as proper falling and rolling. Issues of sports and exercise safety and personal monitoring will be stressed. Ethical issues will be explored.

Unit 3: Grappling

Time: 15 hours

Unit Description

Students will learn techniques from Aikido, Jiu Jitsu, Judo and Wrestling from the perspective of practical self-defense, as well as a means of developing body sensitivity and an awareness of their internal states and balance. Ethical issues will be explored.

Unit 4: Striking

Time: 15 hours

Unit Description

Students will learn techniques from a variety of striking styles, including Boxing. Training of timing, perception and reflexes will be stressed, as well as tolerance to provocation in preparation for non-violent conflict resolution. Ethical issues will be explored.

Unit 5: Conflict Resolution

Time: 25 hours

Unit Description

Students are introduced to the various ways in which interpersonal conflict can arise, learning to manage such situations in an appropriate, nonviolent but assertive manner. Great emphasis is placed on recognizing precursors to such situations and employing techniques of prevention. Ethical issues will be explored.

Unit 6: Decision Theory: A Practical Approach

Time: 30 hours

Unit Description

The aim of this unit is to teach the students both factual information about such topics as sex and sexuality, diet and nutrition and alcohol and substance abuse. The students will also learn how to research their own information and then to formulate realistic and effective plans. Decision Theory will be presented, both mathematically and in a lay context as well, with a view to facilitating rational and effective decision-making. Ethical issues will be explored.