Utah State University
Department of Health, Physical Education & Recreation

PE 1430 – Jiu Jitsu

A. Purpose
   1. The purpose of this course is to learn effective self-defense through the development and effective use of threat identification and neutralization. This is done through the teaching of methods designed to develop effective predictive and situational awareness as well as effective strategies and tactics in order to deal with clear threats.

B. Appropriate Attire
   1. Students will wear gym attire that will allow stretching and pulling.
   2. All footwear (shoes and socks) will be left at the door.
   3. All jewelry will also need to be removed.

C. Participation
   1. For this course participation is mandatory and students will be required to participate in all warm-ups, exercises and drills to the best of their ability. Non-participation by the student will result in an NP (non-participation) grade to that student for the day that will also count as an unexcused absence.

D. Safety
   1. If a student has a disability that will require accommodation, the student must inform the instructor of the disability. Documentation may be required; so be prepared.
   2. During class if the student experiences any lightheadedness or dizziness, nausea, problems breathing or chest pain/tightness, the student needs to cease activity and inform the instructor

*Student MUST sign the release on Canvas BEFORE participating.*