

Glendale College  
**Course Outline of Record Report**

Course ID 003068  
 Cyclical Review - March 2025

**PE215 : Martial Arts and Combatives I**

**General Information**

<b>Author:</b>	<ul style="list-style-type: none"> <li>• Erin Calderone</li> <li>• Del Castillo, Steve</li> </ul>
<b>Course Code (CB01) :</b>	PE215
<b>Course Title (CB02) :</b>	Martial Arts and Combatives I
<b>Department:</b>	PE
<b>Proposal Start:</b>	Spring 2026
<b>TOP Code (CB03) :</b>	(0835.00) Physical Education
<b>CIP Code:</b>	(31.0501) Sports, Kinesiology, and Physical Education/Fitness, General.
<b>SAM Code (CB09) :</b>	E - Non-Occupational
<b>Distance Education Approved:</b>	No
<b>Will this course be taught asynchronously?:</b>	No
<b>Course Control Number (CB00) :</b>	CCC000575687
<b>Curriculum Committee Approval Date:</b>	03/26/2025
<b>Board of Trustees Approval Date:</b>	06/17/2025
<b>Last Cyclical Review Date:</b>	03/26/2025
<b>Course Description and Course Note:</b>	PE 215 helps students focus on principles and practical aspects of personal safety. Students learn methods and tactics of practical self-defense, including alternatives for situational defense strategies. Students also practice rigorous conditioning exercises and develops skills in perception, analysis, escape, compromise, avoidance, and deterrence.
<b>Justification:</b>	Mandatory Revision
<b>Academic Career:</b>	<ul style="list-style-type: none"> <li>• Credit</li> </ul>
<b>Mode of Delivery:</b>	<ul style="list-style-type: none"> <li>• In-Person</li> </ul>
<b>Author:</b>	No value
<b>Course Family:</b>	Martial Arts

**Program Status**

Course Program Status (CB24)

Associated Program	Award Type	Active
Kinesiology (AA-T)	AA-T Degree	Fall 2023

Kinesiology (AA-T) (In Development)

AA-T Degree

Fall 2025