

HESS/ITMA Certificate
in Martial Arts Studies (v3.5)

**SPECIALIZATION: Martial Arts, Children
& Youth**

Explanation: This specialization is intended for full time undergraduate students at UNM (NOT a Minor)

- (A) **Student's Major** (e.g., Psychology)..... 36 credits?
(B) **1 Independent Study**02 credits

(Note: Student examines the impacts of the martial arts on children and Youth

(C) **Martial Arts Activity Classes from HESS** **8 Credits TOTAL**

Option I: Generalist Plan

Four activities FROM:

- 1. Aikido _____
- 2. Kung Fu _____
- 3. Jujutsu _____
- 4. Self Defense _____
- 5. Tai Chi _____
- 6. Karate _____
- 7. Judo _____ (Not yet available)

OR

Option II: Specialist Plan

One activity taken four times FROM:

- 1. Aikido _____
- 2. Kung Fu _____
- 3. Jujutsu _____
- 4. Self Defense _____
- 5. Tai Chi _____
- 6. Karate _____
- 7. Judo _____ (Not yet available)

(D) 12 Credit hrs in Area of Specialization (some prerequisites apply)

Examples include:

SOC 345 Youth and Society

SOC 213 [Deviance](#). (prereq. SOC 101)

PSY 220 [Developmental Psychology](#) (prereq. PSY 105)

FS 315 [Adolescent Development in the Family](#)

Total Credit Hours (major not included) = 20-22

NOTE: A 2 credit Independent Study may be included at a later date