The pioneering Martial Arts Studies program at the University of Bridgeport was the first bachelor’s degree in this discipline offered at an American institution of higher education. Integrating a broad liberal arts foundation with advanced martial arts practice, the coursework is beneficial for any student seeking a deep understanding of the martial arts and cultures of East Asia.

Within the framework of this unique curriculum, you will become immersed in the languages and cultures of the countries where various martial arts forms originated and developed. You will also obtain an in-depth knowledge of the philosophies and history of martial arts, and their influence on individual psyches and society as a whole. This degree is well-suited to students interested in careers in martial arts instruction, sports psychology, academia, and criminology.

DEGREE OPTIONS
Bachelor of Arts

CONCENTRATIONS
Striking Style Tae Kwon Do
Grappling Style Judo
Healing Style Taiji
PROGRAM CORE COURSES

The Martial Arts Studies program explores both theoretical and practical dimensions of martial arts and helps you develop expertise in traditional, modern, and sports styles. We offer three concentrations that enable you to tailor your degree to the form of martial arts most relevant to your interests and career goals. The Martial Arts Studies program requires students to complete a total of 120 credit hours prior to graduation, with 36 in your program core, 16 in a concentration practicum, and 12 credits in Korean, Chinese, or Japanese.

Required Courses for B.A. in Martial Arts Studies

- The History of Martial Arts
- Martial Arts and East Asian Thought
- Psychosocial Aspects of Martial Arts
- Martial Arts School Development
- Martial Arts of the Human Body
- Research Methods
- Issues in Martial Arts
- Buddhism
- Confucianism and Taoism
- Survey of the Martial Arts
- Martial Arts Cultural Experience
- Kinesiology of Martial Arts
- Philosophy of Martial Arts
- Internship
- Senior Thesis/Presentation

Required Courses for Concentrations

**Striking Style Tae Kwon Do**
- Self-Defense
- Tae Kwon Do (I, II, III)

**Grappling Style Judo**
- Judo (I, II, III)
- Jujitsu

**Healing Style Taiji**
- Taiji (I, II, III)
- Qigong Training
- Meditation

POTENTIAL CAREERS

Martial Arts Instructor/Master
Martial Arts School Owner
Teacher/College Professor
FBI Agent
Sports Psychologist
Journalist
Criminologist
DEA Agent
Probation Officer
Nutritionist
Sports Association Administrator

POTENTIAL INTERNSHIP SITES

Martial arts schools
Police departments
Youth organizations
Sports organizations
Nonprofit agencies

For more information, visit: bridgeport.edu/martialarts

About UB

The University of Bridgeport offers more than 125 top-tier academic programs through our seven undergraduate schools and colleges. Classes—taught by acclaimed professors who are experts in each field—are small in size to maximize support and personal attention. We are accredited by the New England Association of Schools and Colleges and the Connecticut Office of Higher Education. Our diverse campus community, with students from 81 countries and 45 states, provides a global perspective emphasizing development, innovation, and career preparation.

For more information, visit: bridgeport.edu/martialarts