

CATALOG INFORMATION

Dept and Nbr: KCOMB 3.1 Title: BEGINNING KARATE
Full Title: Beginning Karate
Last Reviewed: 8/28/2017

| Units | | Course Hours per Week | | Nbr of Weeks | Course Hours Total | |
|---------|------|-----------------------|------|--------------|--------------------|-------|
| Maximum | 1.50 | Lecture Scheduled | 0 | 17.5 | Lecture Scheduled | 0 |
| Minimum | 1.50 | Lab Scheduled | 3.00 | 6 | Lab Scheduled | 52.50 |
| | | Contact DHR | 0 | | Contact DHR | 0 |
| | | Contact Total | 3.00 | | Contact Total | 52.50 |
| | | Non-contact DHR | 0 | | Non-contact DHR | 0 |

Total Out of Class Hours: 26.25

Total Student Learning Hours: 78.75

Title 5 Category: AA Degree Applicable
Grading: Grade or P/NP
Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP
Also Listed As:
Formerly: PHYED 71.1

Catalog Description:
The course will emphasize beginning karate techniques, fundamentals, and strategies that include, kata and sparring as well as various conditioning exercises that develop speed, power, reaction and flexibility.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: The course will emphasize beginning karate techniques, fundamentals, and strategies that include, kata and sparring as well as various conditioning exercises that develop speed, power, reaction and flexibility. (Grade or P/NP)
Prerequisites/Corequisites:
Recommended:
Limits on Enrollment:

Transfer Credit:

Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

| | | | |
|----------------------|----------------------|------------|-----------|
| AS Degree: | Area | Effective: | Inactive: |
| CSU GE: | Transfer Area | Effective: | Inactive: |
| IGETC: | Transfer Area | Effective: | Inactive: |
| CSU Transfer: | | Effective: | Inactive: |
| UC Transfer: | | Effective: | Inactive: |

CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Student Learning Outcomes:

At the conclusion of this course, the student should be able to:

1. Demonstrate the appropriate physical skills of karate
2. Develop strategies for specific offensive and defensive responses
3. Communicate the appropriate vocabulary of karate

Objectives:

Upon completion of this course students will be able to:

1. Demonstrate the fundamental skills of karate relating to:
 - A. Coordination
 - B. Balance
 - C. Reaction
 - D. Muscular strength
 - E. Muscular and cardiovascular endurance
2. Communicate in the language of karate and discuss karate history.
3. Develop a simple individual fitness regimen.
4. Apply practical and general knowledge of sparring principles
5. Demonstrate an understanding of karate principles exhibited in kata

Topics and Scope:

- I. Analyze and Practice the Basic Physical Karate Principles of:
 - A. Stability
 - B. Posture
 - C. Breathing
 - D. Focus
 - E. Hip and Leg Dynamics
- II. Analyze and Develop an Elementary Knowledge of Sparring Principles:
 - A. Distancing
 - B. Timing

- C. Effective Technique
- III. Analyze and Develop Karate Principles Exhibited through Kata Performance:
 - A. Awareness
 - B. Visualization
 - C. Imagination
 - D. Creativity
- IV. Communicate in the Language of Karate and Discuss Karate History
 - A. Discussion of karate history and development
 - B. Using the vocabulary related to karate
- V. Develop a Simple Individual Fitness Regimen
 - A. Karate related fitness regimens and concepts
 - B. Warm-ups, focusing on muscular strength and endurance

Assignment:

Students are expected to spend an additional one and one-half hours per week outside of class on one or more of the following activities:

1. Written quizzes (1 - 3)
2. Online research in preparation for quizzes
3. Reading assignments
4. Observation of Karate tournament procedures
5. Karate techniques & strategies
6. Participation in classroom sparring

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

None, This is a degree applicable course but assessment tools based on writing are not included because skill demonstrations are more appropriate for this course.

Writing
0 - 0%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving
0 - 0%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Karate techniques, strategies, and participation in classroom sparring

Skill Demonstrations
20 - 40%

Exams: All forms of formal testing, other than skill performance exams.

Quizzes, Multiple choice, True/false, Matching items, Completion

Exams
20 - 40%

Other: Includes any assessment tools that do not logically fit into the above categories.

Participation and attendance

Other Category
40 - 60%

Representative Textbooks and Materials:

Karate Techniques and Tactics: Skills for Sparring and Self Defense (Martial Arts Series), Patrick M. Hickey: 1997

Instructor prepared materials