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PHYED 71.1 Course Outline as of Fall 2003

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CATALOG INFORMATION

Dept and Nbr: PHYED 71.1   Title: KARATE - BEG.
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	1.00	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: 0.00   Total Student Learning Hours: 52.50

Title 5 Category: AA Degree Applicable
Grading: Grade or P/NP
Repeatability: 22 - 4 Times in any Comb of Levels
Also Listed As:
Formerly: PE 18.1

Catalog Description:
A beginning level self defense course that develops the body, mind and spirit through training that uses the arms and legs as weapons. Training includes Karate basics, kata and sparring as well as various conditioning exercises that develop speed, power, reaction and flexibility. Each course will emphasize a selected style including Japanese Shotokan, Okinawan Shito and Korean Taekwondo.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: This course will emphasize Karate basics, 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: CSU;UC.
Repeatability: 4 Times in any Comb of Levels

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	**Area**	Effective:	Inactive:
CSU GE:	**Transfer Area**	Effective:	Inactive:
IGETC:	**Transfer Area**	Effective:	Inactive:

CSU Transfer:	Transferable	Effective:	Fall 1981	Inactive:	Fall 2023
UC Transfer:	Transferable	Effective:	Fall 1981	Inactive:	Fall 2023

CID:

Certificate/Major Applicable:
Major Applicable Course

COURSE CONTENT

Outcomes and Objectives:
At the completion of this course the student will be able to:
1. Demonstrate a knowledge of basic karate principles and skills
2. Demonstrate an elementary knowledge of sparring principles and skills
3. Demonstrate an understanding of karate principles as exhibited in kata

Topics and Scope:

I.   Analyze and practice the basic karate principles of:
   a.   Stability - Stability will be developed through training in
     the following stances: front, side, back, feet together feet together toes apart, one legged and natural
   b.   Posture - Through proper alignment of feet, knees, hips, shoulders and head
   c.   Breathing - Initiating the breathe from the lower abdomen and directing it's energy out through the technique
   d.   Focus - Concentrating all mental, physical and spiritual energy to the target
   e.   Hip and Leg Dynamics - Developing the power of the hips through body vibration, rotation and shifting and the driving power of the legs through shifting
II. Analyze and develop an elementary knowledge of sparring principles:
   a.   Distancing - Through becoming aware of the distance between oneself and one's opponent and the distance required to block an attack or execute a counterattack in relation to the time

    b.   Timing - Through a practical understanding of the time required to block an attack or execute a counterattack in relation to the distance between oneself and one's opponent

    c.   Effective Technique - Practice in executing an effective technique under the distancing and timing constraints of working with an opponent

III. Analyze and develop karate principles exhibited through kata performance:

    a.   Awareness - Begin to develop an awareness of one's body, the surrounding environment, other people and dangers or potential dangers that might exist in the surrounding environment

    b.   Visualization - Begin to develop the ability to see clearly in one's mind the outcome of the battle before it occurs

    c.   Imagination - Begin to develop the ability to imagine a variety of attacks

    d.   Creativity - Begin to develop the ability to create defenses against a variety of attacks

Assignment:

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.

Class performances, Performance exams	Skill Demonstrations 20 - 40%

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

Multiple choice, True/false, Matching items, Completion	Exams 20 - 40%

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

Representative Textbooks and Materials: