

CATALOG INFORMATION

Dept and Nbr: PHYED 71.1      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	1.00	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:**  
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: CSU;UC.

Repeatability: 4 Times in any Comb of Levels

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>			Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>CSU Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:	Fall 2023
<b>UC Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:	Fall 2023

### **CID:**

### **Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Outcomes and 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
6. Repeating students must demonstrate increased depth and breadth of related skills with new learning objectives

### **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
- VI. Repeating students must demonstrate increased depth and breadth of related skills with new learning objectives.

### Assignment:

#### Assignments:

1. 1-3 written quizzes
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:**

Instructor prepared materials