

**Course Outline**

**COURSE:** KIN 83A                      **DIVISION:** 40                      **ALSO LISTED AS:** KIN 83

**TERM EFFECTIVE:** Fall 2018                      **CURRICULUM APPROVAL DATE:** 11/13/2017

**SHORT TITLE:** KARATE - BEG

**LONG TITLE:** Karate - Beginning

Units	Number of Weeks		Contact Hours/Week		Total Contact Hours
.5 OR 1	18	Lecture:	0	Lecture:	0
		Lab:	1.5 OR 3	Lab:	27 OR 54
		Other:	0	Other:	0
		Total:	1.5 OR 3	Total:	27 OR 54

**COURSE DESCRIPTION:**

An introduction to the beginning skills and techniques of Japanese Karate. Emphasis will be on the fundamentals of martial arts, including safety skills and etiquette and the basics of kicking, punching, and blocking, with a focus on Kata forms. This course has the option of a letter grade or pass/no pass. Courses should be taken in sequential order.

**PREREQUISITES:**

**COREQUISITES:**

**CREDIT STATUS:** D - Credit - Degree Applicable

**GRADING MODES**

- L - Standard Letter Grade
- P - Pass/No Pass

**REPEATABILITY:** N - Course may not be repeated

**SCHEDULE TYPES:**

- 04 - Laboratory/Studio/Activity

**STUDENT LEARNING OUTCOMES:**

1. Demonstrate the correct techniques for beginning level Karate kicks, punches, and blocks.

Measure of assessment: demonstration

Year assessed, or planned year of assessment: 2019

Semester: Spring

2. Explain and utilize the appropriate safety skills, Karate etiquette, and beginning level Kata forms.

Measure of assessment: demonstration, discussion, quiz

Year assessed, or planned year of assessment: 2019

## **CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS**

Curriculum Approval Date: 11/13/2017

9 - 18 Hours

Content: Physical conditioning including balance, flexibility, muscular strength and muscular endurance, and body coordination. Japanese language as it applies to beginning level Karate terminology and commands: including memorization of Japanese terminology for common commands, phrases, and counting. Basic history of Karate. Safety skills and Karate etiquette including bowing and addressing students and instructor. Introduce basic Karate skills: kicks (front, side, back), punches (straight, lunge), and blocks (rising, down, outside, inside, knife).

Student Performance Objectives: Participate in the physical conditioning drills designed to improve balance, flexibility, muscular strength and muscular endurance, and body coordination. Explain and utilize the Japanese terminology used in Karate. Discuss the history of Karate. List several safety skills important to the sport of Karate. Identify the preparation and practice the etiquette of Karate. Demonstrate the following basic Karate skills: kicks, punches, and blocks.

6 - 12 Hours

Content: Continue working on beginning level kicks, punches, and blocks. Breathing techniques including: diaphragm breathing, relaxation, muscle contractions, rolling breathing, and clenched-fist breathing. Body position and body alignment including: center of gravity, weight distribution, posture, and core stability.

Student Performance Objectives: Employ proper breathing techniques. Recognize the importance of body position and body alignment for effective technique and utilize them in class workouts. Participate in class workouts demonstrating the beginning level skills presented.

6 - 12 Hours

Content: Continue working on all beginning level skills and techniques. Aspects of Karate such as: physical techniques, mental discipline, personal self-defense, character development, and spirit. Introduce beginning level Kata forms including: Taikyoku Shodan, proper arrangement/sequence of techniques, body alignment, breathing, rhythm and timing, and spatial awareness.

Student Performance Objectives: Assess various aspects of the art of Karate. Discuss the basic forms of Kata, including Taikyoku Shodan. Participate in class workouts employing the beginning level skills presented.

4.5 - 9 Hours

Content: Physical skills and performance skills tests on beginning level Karate fundamentals and basic Kata forms.

Student Performance Objectives: Demonstrate the fundamental physical skills of beginning level Karate. Analyze and demonstrate the basic forms of Kata.

2 Hours

Final

### **METHODS OF INSTRUCTION:**

demonstration, guided practice, discussion, small groups

### **OUT OF CLASS ASSIGNMENTS:**

Required Outside Hours:

Assignment Description: As this is a lab course no Out of Class Assignments are required.

### **METHODS OF EVALUATION:**

Skill demonstrations

Percent of total grade: 40.00 %

30% - 60% Demonstration

Objective examinations

Percent of total grade: 10.00 %

0% - 10% Multiple Choice, True/False, Matching Items, Completion, Short Answer

Other methods of evaluation

Percent of total grade: 50.00 %

**REPRESENTATIVE TEXTBOOKS:**

Recommended Representative Textbooks

**ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

CSU GE:

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201870

UC TRANSFER:

Not Transferable

**SUPPLEMENTAL DATA:**

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department:

CSU Crosswalk Course Number:

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours: 3

Minimum Hours: 1.5

Course Control Number:

Sports/Physical Education Course: Y

Taxonomy of Program: 127000