

Course Outline

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

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

SHORT TITLE: KARATE - INTER

LONG TITLE: Karate - Intermediate

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:

This course covers the intermediate level skills and techniques of Japanese Karate. Emphasis will be on the intermediate level skills of martial arts, including kicking, punching, blocking and stances as well as intermediate level 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 intermediate level Karate kicks, punches, blocks, stances, strikes, and self-defense skills.

Measure of assessment: demonstration

Year assessed, or planned year of assessment: 2019

Semester: Spring

2. Explain and utilize the appropriate Karate terminology and commands, and intermediate 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: Continue working on physical conditioning including balance, flexibility, muscular strength and muscular endurance, and

body coordination. Review beginning level Japanese language as it applies to Karate terminology and commands. Introduce additional terminology and commands, as well as the basics of the proper pronunciation and spelling. Review history of Karate and introduce various traditions. Review safety skills and Karate etiquette. Review Karate kicks, punches, and blocks learned at the beginning level. Introduce the intermediate level Karate skills: kicks (roundhouse, crescent), punches (double, reverse), blocks (augmenting, X block), stances (front, back, straddle, fighting, cat, standing horse), strikes (palm heel, back knuckle, elbow, knife, bear claw, outside knife) and self-defense techniques (grabs, chokes - head lock and hair pull, bear hugs, ground fighting).

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 and etiquette used in Karate. Demonstrate the following intermediate level Karate skills: kicks, punches, blocks, stances, strikes, and self-defense techniques.

6 - 12 Hours

Content: Continue working on breathing techniques and body position and alignment. Continue working on intermediate level skills and techniques presented in earlier classes, including increased sequential development of Karate techniques employing kicks, punches, blocks, and strikes.

Student Performance Objectives: Utilize proper breathing techniques. Participate in class workouts demonstrating the intermediate level skills and techniques presented.

6 - 12 Hours

Content: Continue working on all intermediate level skills and techniques. Review the various aspects of Karate such as: physical techniques, mental discipline, personal self-defense, character development, and spirit. Introduce information on competition. Review beginning level Kata forms and introduce intermediate level Kata forms including: Heian Shodan.

Student Performance Objectives: Discuss the intermediate level Kata forms including: Heian Shodan. Participate in class workouts employing the intermediate level skills presented.

4.5 - 9 Hours

Content: Skills tests on intermediate level Karate skills and techniques and the intermediate level Kata forms. Demonstration of physical skills required for belt rankings.

Student Performance Objectives: Demonstrate the physical skills of intermediate level Karate. Analyze and demonstrate the intermediate level forms of Kata. Discuss the physical skills required for belt rankings.

2 Hours

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 %

40% - 60% Requires student participation.

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