

**Course Outline**

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

**TERM EFFECTIVE:** Fall 2018                      **Inactive Course**

**SHORT TITLE:** KARATE

**LONG TITLE:** Karate

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 basic skills and techniques of Japanese Karate. Emphasis will be on the fundamentals of martial arts, including safety skills and etiquette, kicking, punching, striking, blocking, and Kata forms. This course has the option of a letter grade or pass/no pass. This course is now listed as KIN 83A.

**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
- 04A - Laboratory - LEH 0.65

**STUDENT LEARNING OUTCOMES:**

1. Perform the following basic skills: blocks, punches, strikes, kicks, stances, and self-defense techniques.

Measure: demonstration

PLO: 4  
ILO: 7,2,4  
GE-LO: E1

2. Examine and apply the basic training guidelines for flexibility, muscular strength, and muscular endurance to improve one's physical conditioning and prevention of injury.

Measure: discussion, performance

PLO: 4,2

ILO: 7,2,1,6

GE-LO: E1,A1,A2

3. Utilize the Japanese language as it applies to basic terminology and commands in the discipline of Karate.

Measure: performance, exam

PLO: 4

ILO: 7,2,1

GE-LO: A1,A2

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

Inactive Course: 11/27/2017

9 - 18 Hours

Content: Physical conditioning including balance, flexibility, muscular strength and muscular endurance, and body coordination. Japanese language as it applies to Karate terminology and commands: including memorization of Japanese terminology for common commands, phrases, and counting; as well as the basics of the proper pronunciation and spelling. Basic history of Karate. Safety skills and Karate etiquette including bowing, addressing students and instructor, and sportsmanship in competition. Basic Karate skills: stances (front, back, straddle, fighting), blocks (rising, down, outside, inside, knife), kicks (front, side, back), punches (lunge, double, triple), strikes (palm heel, back knuckle, elbow, knife) and self-defense (grabs, chokes, bear hugs, ground fighting).

Student Performance Objectives (SPO): 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 etiquette of Karate training. Demonstrate the following basic Karate skills: stances, blocks, kicks, punches, strikes, and self-defense.

Out-of-Class Assignments:

6 - 12 Hours

Content: 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 (SPO): 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 skills presented.

Out-of-Class Assignments:

6 - 12 Hours

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

Student Performance Objectives (SPO): Assess various aspects of the art of Karate. Discuss the basic forms of Kata. Participate in class workouts employing the skills presented.

Out-of-Class Assignments:

4.5 - 9 Hours

Content: Physical skills and performance skills tests on Karate fundamentals and basic Kata forms. Demonstration of physical skills required for belt rankings.

Student Performance Objectives (SPO): Demonstrate the fundamental physical skills of Karate. Participate in an assessment of the physical skills required for belt rankings. Analyze and demonstrate the basic forms of Kata.

Out-of-Class Assignments:

NOTE: Students who repeat this class will enhance their performance skills and increase their knowledge of Karate. This may include: an increased knowledge of Japanese Karate history, traditions, and training etiquette; increased sequential development of Karate techniques employing kicks, punches, blocks, and strikes; and increased performance skills of Kata forms.

Student Performance Objectives (SPO):

Out-of-Class Assignments:

2 Hours

#### **METHODS OF INSTRUCTION:**

demonstration, guided practice, discussion, small groups

#### **METHODS OF EVALUATION:**

CATEGORY 1 - The types of writing assignments required:

Percent range of total grade: 0 % to %

If this is a degree applicable course, but substantial writing assignments are NOT appropriate, indicate reason:

Course primarily involves skill demonstration or problem solving

CATEGORY 2 - The problem-solving assignments required:

Percent range of total grade: 0 % to %

CATEGORY 3 - The types of skill demonstrations required:

Percent range of total grade: 30 % to 60 %

Performance Exams

CATEGORY 4 - The types of objective examinations used in the course:

Percent range of total grade: 5 % to 10 %

Multiple Choice

True/False

Matching Items

Completion

Other: short answer

CATEGORY 5 - Any other methods of evaluation: Requires student participation.

Percent range of total grade: 40 % to 60 %

#### **REPRESENTATIVE TEXTBOOKS:**

## **ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

GAV E1, effective 201670

CSU GE:

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201670

UC TRANSFER:

Transferable UC, effective 201670

## **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: KIN

CSU Crosswalk Course Number: 83

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours: 1

Minimum Hours: .5

Course Control Number: CCC000548417

Sports/Physical Education Course: Y

Taxonomy of Program: 127000