

Course Outline

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

TERM EFFECTIVE: Fall 2023 **CURRICULUM APPROVAL DATE:** 10/10/2023

SHORT TITLE: KARATE - BEG

LONG TITLE: Karate - Beginning

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
.5 OR 1	18	Lecture:	0	0
		Lab:	1.5 OR 3	27 OR 54
		Other:	0	0
		Total:	1.5 OR 3	27 OR 54
		Total Learning Hrs:	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
- 04A - Laboratory - LEH 0.65
- 05 - Hybrid
- 71 - Dist. Ed Internet Simultaneous
- 73 - Dist. Ed Internet Delayed LAB
- 73A - Dist. Ed Internet LAB-LEH 0.65

STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

1. Demonstrate the correct techniques for beginning level Karate kicks, punches, and blocks.
2. Explain and utilize the appropriate safety skills, Karate etiquette, and beginning level Kata forms.

COURSE OBJECTIVES:

By the end of this course, a student should:

1. Interpret the basic forms of Kata, including Taikyoku Shodan and Heian Shodan.
2. Identify the preparation and practice the etiquette of Karate.
3. Analyze and demonstrate the basic forms of Kata.
4. Perform the basic forms of Kata, including Taikyoku Shodan and Heian Shodan.
5. Recognize the importance of body position and body alignment for effective technique and utilize them in class workouts.
6. Employ proper breathing techniques.
7. Discuss the history of Karate.
8. Demonstrate the following basic Karate skills: kicks, punches, and blocks.
9. Explain and utilize the Japanese terminology used in Karate.
10. Participate in the physical conditioning drills designed to improve balance, flexibility, muscular strength and muscular endurance, and body coordination.

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

Curriculum Approval Date: 10/10/2023

8 - 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).

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.

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.

5 - 10 Hours

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

2 Hours

Final Exam

10/19/2023

METHODS OF INSTRUCTION:

demonstration, guided practice, discussion, small groups

METHODS OF EVALUATION:

Skill demonstrations

Evaluation Percent 40

Evaluation Description

30% - 60% Demonstration

Objective examinations

Evaluation Percent 10

Evaluation Description

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

Other methods of evaluation

Evaluation Percent 50

Evaluation Description

40% - 60% Requires student participation.

REPRESENTATIVE TEXTBOOKS:

No textbook required.

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:

Minimum Hours:

Course Control Number: CCC000588316

Sports/Physical Education Course: Y

Taxonomy of Program: 127000