San José State University
Kinesiology
Spring 2017, KIN 51A Sections 1 & 2, Beginning Aikido

Contact Information

Instructor: Sandy Olliges
Office Location: SPX 170
Telephone: 4-4182
Email: sandyolligessensei@comcast.net
Office Hours: Mondays 12 noon - 2 p.m.
Tuesdays by appointment

Class Meetings & location
Section 1: MW 9:30 - 10:20 YUH 208
Section 2: MW 10:30 - 11:20 YUH 208

Course Fees $5 donation for Field Trip to Aikido of San Jose

Course Description
This course is focused on the philosophy, history, and basic skills related to the Japanese-derived martial art of Aikido.

Web Resource
Course materials may be found at https://sites.google.com/a/sjsu.edu/olliges-sjsu/ and may be sent to you via MySJSU email. Please keep your MySJSU email address updated. This syllabus is also posted on the Kinesiology website: http://www.sjsu.edu/kinesiology/GreenSheet/.

Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skills tests, and written exams,

• Knowledge of fundamental skills, technique, terminology, and philosophy related to Aikido.
• Proficiency in execution of the Aikido skills covered.
• An understanding of the history, rules, strategies, current research, safety and etiquette associated with Aikido.
• An understanding of the mental and physical health benefits to be derived from Aikido.
• An appropriate level of proficiency in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.
• An understanding of how to reduce mental and emotional stress levels through breath work,
physical training, and an increased understanding of the body/mind relationship.

- An understanding of how the evolution and philosophy of aikido has manifested as a path of peace and means of conflict resolution.

**Activity Program Learning Outcomes**

After completion of the physical activity graduation requirement, students shall be able to:

- Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.
- Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.
- Identify and/or explain the benefits of physical activity as related to physical and mental health.

**Text/Readings**

Required Text (available from SJSU Bookstore):


Read the following sections:

- p. 56
- pp. 59 – 62 “The Founder’s Awakening”
- pp. 64 - 66 “The Emergence of Aikido”
- pp. 97 – 99 “Introduction to Part II”
- p. 101 “All Things Are Born of Ki”
- pp. 102 – 104 “Stand on the Floating Bridge of Heaven”
- p. 136 “The Fundamentals”
- p. 164 “A Paradox”
- p. 166 “Unity With Nature”
- pp. 167 – 168 “Muri, Muda, Mura”
- pp. 168-169 “Goals”
- pp. 169-171 “Don’t Wait for an Attack”

**Course Notes**

The training room will be treated as a traditional dojo (a place of the “way” or the spiritual path). The following serves as introductory etiquette:

- Students are expected to be punctual and remain to the end of the class.
- Recording class: Instruction may not be recorded. If classmates ask you to record their performance for later review make sure it is done before or after class rather than during class. Do not post or otherwise share the recording.
- Intellectual property: Course materials developed by the instructor are the instructor’s
intellectual property and cannot be shared or uploaded in any form publicly without the instructor’s approval.

- If you have pre-existing medical or physical problems you should consult your physician before participating in this class and alert the instructor to any required limitations.
- Training uniforms *(gi)* are encouraged, but not required. In place of gi, students should wear sturdy, loose-fitting clothes. Shorts are not recommended.
- Jewelry must be removed and pockets emptied. Shoes and socks must be removed. Keep hands and feet clean; keep fingernails and toenails trimmed.
- No eating or chewing gum.
- An attitude of respect is to be maintained for all participants at all times. Aikido is a co-operative learning effort. Training is joyful.
- All injuries will be immediately reported to the instructor.
- Bowing is a fundamental aspect of aikido training, which reflects respect and humility – it does not hold religious significance.

**IMPORTANT COURSE INFORMATION AND REQUIREMENTS:**

- Active class participation is essential to fulfill the course requirements. Make-up work must be completed by May 15, 2017.
- Class time lost due to injury or illness: Timely communication between the student and the instructor regarding an ongoing illness or injury is a must. Special arrangements regarding such issues need to be handled at the onset of the condition.
- Three minutes will be given to “dressing out” at the beginning of each class period. Allowing for this, class will begin promptly 3 minutes later than scheduled.
- **There are no make-ups for the skills test or field trip.**
- Three points will be deducted for each class day that an assignment is turned in late.

**Course Requirements, Assignments, and Grading**

**Tests and Other Assignments:**

**ASSIGNMENT SCHEDULE:**

- 10% Take-Home Test 2-15-17
  - Based on readings in required text (see above)
  - Bring completed hard copy to class on or before the due date
- 10% Midterm Paper 3-15-17
- 10% Skills Testing 4-17, 4-19, or 4-24
- 10% Field Trip 5-3, 5-8, 5-9, or 5-10
- 10% Final Paper 5-10-17
- 50% Skill development through class participation 1-30 through 5-10

**PAPERS**

- Papers may be submitted by hard copy in class or by email to SandyOlligesSensei@comcast.net. Papers must be in 12-point font, double-spaced.
- I will deduct up to 10% of the paper’s grade for mistakes in grammar and/or punctuation. The papers are expected to be written at a college level of proficiency.
• If submitted by email, papers must either be Word or Pages or be copied into the body of the email. I will send you a reply within 24 hours of receiving your paper. If you have not received a reply by the due date, your assignment will be considered late. Alternately, you can hand in a hard copy in class, on or before the due date.
• Points will be deducted for late assignments (3 points per class day).

Midterm Paper Assignment
Due March 15, 2017

Choose one or more of the following concepts related to the practice of Aikido: Center, Ground, Extend, Blend, Lead, or Ki. Write a one- to three-page essay, describing your experience of the concept(s). You may describe your experience with the concept(s) in Aikido class, in another aspect of your life, or both.

Final Paper
Due May 10, 2017

Write a one- to three-page paper on the following:

Describe the application of the Aikido principles of nonviolence and/or loving protection for all beings to resolving conflict or creating peace in your daily life.

SKILLS TEST Beginning 4-17-17

• Right and Left Hanmi with Extension
• Standing Forward Roll
• Standing Back Roll
• Wrist Stretches
• Knee Walking
• Basic Blend
• Seated Kokyu Ho

There is no make up for the Skills Test.

FIELD TRIP
When: Pick one of the following days:

<table>
<thead>
<tr>
<th>Wednesday</th>
<th>May 3</th>
<th>12 noon – 1 p.m.</th>
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</thead>
<tbody>
<tr>
<td>Monday</td>
<td>May 8</td>
<td>12 noon – 1 p.m.</td>
</tr>
<tr>
<td>Tuesday</td>
<td>May 9</td>
<td>12 noon – 1 p.m.</td>
</tr>
<tr>
<td>Wednesday</td>
<td>May 10</td>
<td>12 noon – 1 p.m.</td>
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Location: Aikido of San Jose
190 Martha St., San Jose
408-294-3049
http://www.aikidosj.com

$5 Donation Requested, Cash or Check payable to Aikido of San Jose

Arrive about 10 minutes early, remove shoes, sign in, change, and line up on the mat. You will participate in the class, which will be taught by Jack Wada Sensei.

There is no make up for the Field Trip. If you cannot attend at scheduled times, see me about attending class at Aikido of San Jose at an alternate time.

Grading

EVALUATION:

| Skill Development During Class Participation | 50% |
| Instructor will observe students’ development of Aikido skills during their class participation. | |
| Take-Home Test (Based on readings from required text) | 10% |
| Written Midterm Paper | 10% |
| Skills Testing | 10% |
| Etiquette and Skills During Field Trip to Aikido of San Jose | 10% |
| Final Paper | 10% |
Grading Scale used to determine letter grade for each component above.

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Equivalent Grade</th>
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<tbody>
<tr>
<td>97% - 100%</td>
<td>A+</td>
</tr>
<tr>
<td>93% - 96%</td>
<td>A</td>
</tr>
<tr>
<td>90% - 92%</td>
<td>A-</td>
</tr>
<tr>
<td>87% - 89%</td>
<td>B+</td>
</tr>
<tr>
<td>83% - 86%</td>
<td>B</td>
</tr>
<tr>
<td>80% - 82%</td>
<td>B-</td>
</tr>
<tr>
<td>77% - 79%</td>
<td>C+</td>
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<tr>
<td>73% - 76%</td>
<td>C</td>
</tr>
<tr>
<td>70% - 72%</td>
<td>C-</td>
</tr>
<tr>
<td>67% - 69%</td>
<td>D+</td>
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<tr>
<td>63% - 66%</td>
<td>D</td>
</tr>
<tr>
<td>60% - 62%</td>
<td>D-</td>
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<td>below 60%</td>
<td>F</td>
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Class Make-Ups

The instructor continually assesses the students’ performance of skills during class participation. Students can make up for missed participation by attending classes in the other section and/or by completing additional written assignments. See instructor for information on written assignments.

There are no make-ups for skills tests or field trip.

Penalty for Late Take-Home Tests and Papers

There will be a 3-point penalty for each class day that the take-home test or a paper is turned in late. All late assignments and all make-up work must be turned in by May 15.
University Policies

Information pertaining to university programs and policies designed to facilitate student success can be found here:

http://www.sjsu.edu/gup/syllabusinfo/
<table>
<thead>
<tr>
<th>Dates</th>
<th>Course Content (Assignments, Exams/Quizzes, Activities)</th>
</tr>
</thead>
</table>
| Jan 30     | Introduction  
Begin reading the following sections in *Journey to the Heart of Aikido* and begin working on the Take-Home Test:  
p. 56  
pp. 59 – 62 “The Founder’s Awakening”  
pp. 64 - 66 “The Emergence of Aikido”  
pp. 97 – 99 “Introduction to Part II”  
p. 101 “All Things Are Born of Ki”  
p. 102 – 104 “Stand on the Floating Bridge of Heaven”  
p. 136 “The Fundamentals”  
p. 164 “A Paradox”  
p. 166 “Unity With Nature”  
pp. 167 – 168 “*Muri, Muda, Mura*”  
pp. 168-169 “Goals”  
pp. 169-171 “Don't Wait for an Attack”  
Seated Forward Roll |
| Feb 1      |  
Feb 6  
Feb 8  
Seated Forward Roll  
Seated Back Roll  
Feb 13  
Feb 15  
Seated Back Roll  
Kneeling Forward Roll, **Take-Home Test Due – Bring Hard Copy to Class**  
Feb 20  
Feb 22  
Kneeling Forward Roll  
Standing Forward Roll  
Feb 27  
Mar 1  
Standing Forward Roll  
Standing Back Roll  
Mar 6  
Mar 8  
Standing Back Roll  
Practice Rolls and Aikido Techniques  
Mar 13  
Mar 15  
Practice Rolls and Aikido Techniques  
**Midterm Paper Due**  
Mar 20  
Mar 22  
Practice Rolls and Aikido Techniques  
Mar 27  
Mar 29  
**Spring Break - No Classes**  
Apr 3  
Apr 5  
Practice Rolls and Aikido Techniques |
<table>
<thead>
<tr>
<th>Dates</th>
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</thead>
<tbody>
<tr>
<td>Apr 10</td>
<td>Practice Rolls and Aikido Techniques</td>
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<tr>
<td>Apr 12</td>
<td>Practice Rolls and Aikido Techniques</td>
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<tr>
<td>Apr 17</td>
<td><strong>Skills Test, Practice Rolls and Aikido Techniques</strong></td>
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<tr>
<td>Apr 19</td>
<td><strong>Skills Test, Practice Rolls and Aikido Techniques</strong></td>
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<td>Apr 24</td>
<td><strong>Skills Test, Practice Rolls and Aikido Techniques</strong></td>
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<tr>
<td>Apr 26</td>
<td><strong>Skills Test, Practice Rolls and Aikido Techniques</strong></td>
</tr>
<tr>
<td>May 1</td>
<td>Practice Rolls and Aikido Techniques</td>
</tr>
<tr>
<td>May 3</td>
<td><strong>Field Trip to Aikido of San Jose &amp; Regular Class at SJSU</strong></td>
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<tr>
<td>May 8</td>
<td><strong>Field Trip to Aikido of San Jose &amp; Regular Class at SJSU</strong></td>
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<tr>
<td>May 9</td>
<td><strong>Field Trip to Aikido of San Jose &amp; Regular Class at SJSU</strong></td>
</tr>
<tr>
<td>May 10</td>
<td><strong>Field Trip to Aikido of San Jose &amp; Regular Class at SJSU, Final Paper due</strong></td>
</tr>
<tr>
<td>May 15</td>
<td>Last day to email any late assignments or make-up work</td>
</tr>
</tbody>
</table>