

San José State University
Kinesiology
Fall 2018, KIN 053A: Beginning Karate

Contact Information

Instructor: Jon Keeling

Office Location: TBD

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Office Hours: by appointment

Class Meetings & location:

Fridays, 8:30-10:20am & 10:30am-12:20pm YUH 106

Course Description

This course is focused on development of fundamental skills and knowledge related to Karate. Included are basic kicking, punching, and blocking techniques.

Course Goals and Student Learning Objectives

Following participation in activities and discussions, students will be able to demonstrate through class activities/assignments, skill tests, and written exams:

- Knowledge of fundamental skills and techniques of Karate.
- Proficiency in execution of the skills covered.
- An understanding of the history, rules, strategies, current research, safety and etiquette associated with Karate.
- An understanding of the mental and physical health benefits to be derived from Karate.
- 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.
- A basic understanding of self-defense applications using traditional Karate techniques.

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 (none required. See instructor if interested in extra-credit)

Course Notes

- Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period, unless injury/illness prevents them from doing so. Cell phone should be turned off (or muted) and put away for the duration of the class. Interactions with classmates and the instructor are expected to be respectful at all times.
- Karate is a potentially dangerous activity. Safety is paramount. Anyone displaying disrespectful and/or dangerous behavior may be required to sit out class time and possibly expelled.
- 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 (e.g., exam/quiz items, videos, lecture notes), 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.
- Report any accidents to the instructor immediately.
- Although a traditional Karate uniform ("Karate-gi") is not officially required for this course, it is highly encouraged.

Course Requirements and Grading Policy

Grading Plan

- 20% Skills Test 1 (mid-term)**
- 30% Skills Test 2 (final)**
- 10% Written Test 1 (mid-term)**
- 10% Written Test 2 (final)**
- 10% Physical Quizzes (spread throughout semester)**
- 10% Written Quizzes (spread throughout semester)**
- 10% Final Project**

Grading Scale used to determine letter grade for each component above.

Percentage	Equivalent Grade
97% - 100%	A+
93% - 96%	A
90% - 92%	A-
87% - 89%	B+
83% - 86%	B
80% - 82%	B-
77% - 79%	C+
73% - 76%	C
70% - 72%	C-
67% - 69%	D+
63% - 66%	D
60% - 62%	D-
below 60%	F

Extra Credit

There are two options for extra-credit in this course:

- Read about or watch an *approved* movie/video on Karate or another martial art and write a report
- Attend some sort of martial arts event (class, tournament, etc.) and write about your experience

Point valuation of these extra-credit reports is at the sole discretion of the instructor.

Expectations for Success

Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of forty-five hours over the length of the course. This would include preparing for class, participating in course activities, and completing assignments/projects. Generally this will amount to a minimum of 1 hour a week outside of class. Please note that practice outside of class time should be done at student's own risk and instructor and SJSU should not be held responsible for any injuries sustained. Students should promptly leave the gym after class time is official over.

University Policies

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

<http://www.sjsu.edu/gup/syllabusinfo/>

Course Calendar (subject to change with fair notice by announcement in class and/or email). Please note that pop quizzes are not listed, for obvious reasons.

Week	Course Content (Assignments, Exams)
1	review green sheet, course scope & expectations
2	basic punch, blocks, front kick, basic stances
3	review and add new block and basic partner work
4	review and add hip rotation training
5	review and add side kicks & kata (forms)
6	review and add more detail
7	review and add more detail
8	review + midterm (Oct 12)
9	review + strikes + new kata practice
10	review + more strikes
11	review and some basic self-defense application
12	review + new strikes
13	review + some variations & more detail
14	review, try new kata
15	review and final exam (Dec 7)
16	Final project due