

**San José State University**  
**Kinesiology**  
**KIN 51A, Beginning Aikido, Sections 1 and 2, Fall 2015**

**Course and Contact Information**

<b>Instructor:</b>	Sandy Olliges
<b>Office Location:</b>	YUH 244
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<b>Office Hours:</b>	Mondays 11:00 a.m. – 1:00 p.m., Tuesdays by appointment
<b>Class Days/Time:</b>	Section 1: MW 8:30 – 9:20 Section 2: MW 9:30 – 10:20
<b>Classroom:</b>	YUH 208
<b>Course Fees:</b>	\$5 donation for field trip

**Email Information**

Class information will be posted on my website: <https://sites.google.com/a/sjsu.edu/olliges-sjsu/> and sent to you via MySJSU email. Please keep your MySJSU email address updated. This syllabus is posted on the [Kinesiology](http://www.sjsu.edu/kinesiology/GreenSheet/) website: <http://www.sjsu.edu/kinesiology/GreenSheet/>.

**Course Description**

An introduction to the philosophy, history, and basic level training skills in the Japanese-derived martial art of Aikido.

**Class Requirement includes a Field Trip to Aikido of San Jose. A donation of \$5 is requested.**

**Course Goals and Student Learning Objectives**

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

- Knowledge of fundamental skills, technique, terminology, and philosophy related to Aikido;
- Proficiency in execution of the skills covered;
- A positive change in personal fitness as it relates to components such as cardiovascular endurance, flexibility, balance, coordination, and agility;
- 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 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
  1. Demonstrate a positive change in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.

## Required Texts/Readings

### Textbook

Required Text (available from SJSU Bookstore):

Holiday, L., (2013). *Journey to the heart of aikido: The teachings of Motomichi Anno Sensei*. Berkeley, CA: Blue Snake Books.

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”
- pp. 134 – 135 “What Is Aikido?”
- 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 Requirements and Assignments

### Tests and Other Assignments:

### ASSIGNMENT SCHEDULE:

- 10% Take-Home Test 9-23–15
  - Based on readings in required text (see above)
  - Bring completed hard copy to class on or before the due date
- 10% Midterm Paper 10-21–15
- 10% Skills Testing 11-16, 11-18, and 11-23
- 10% Field Trip 11-30, 12-1, 12-2, or 12-7
- 10% Final Paper 12-7
- 50% Skill development through class participation 8-24 through 12-7

### 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 October 21, 2015**

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 December 7, 2015**

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 11-16–15

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

## FIELD TRIP

When: Pick one of the following days:

Monday	Nov 30	12 noon – 1 p.m.
Tuesday	Dec 1	12 noon – 1 p.m.
Wednesday	Dec 2	12 noon – 1 p.m.
Monday	Dec 7	12 noon – 1 p.m.

Location: [Aikido of San Jose](http://www.aikidosj.com)  
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.

## **Grading Policy**

### **Grading Plan**

#### EVALUATION:

Develops Skills 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.**

<b>Percentage</b>	<b>Equivalent Grade</b>
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

### **Class Make-Ups**

The instructor continually assesses the students' performance of skills during class participation. Missing more than two classes will result in a lowering of the participation grade.

Students can make up participation points 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 midterm paper is turned in late. Final papers, all late assignments, and all make-up work must be turned in on the last day of class, Dec 7.

### **Classroom Protocol**

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.
- 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 cooperative 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. You will be allowed to miss two classes without any deduction of participation points. Absences can be made up as described above; make-up work must be completed by Dec 7, 2015.
- 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 three 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.

## University Policies

### Dropping and Adding

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, and so forth. Refer to the current semester’s [Catalog Policies](http://info.sjsu.edu/static/catalog/policies.html) section at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the current academic year calendars document on the [Academic Calendars webpage](http://www.sjsu.edu/provost/services/academic_calendars/) at [http://www.sjsu.edu/provost/services/academic\\_calendars/](http://www.sjsu.edu/provost/services/academic_calendars/). The [Late Drop Policy](http://www.sjsu.edu/aars/policies/latedrops/policy/) is available at <http://www.sjsu.edu/aars/policies/latedrops/policy/>. Students should be aware of the current deadlines and penalties for dropping classes.

Information about the latest changes and news is available at the [Advising Hub](http://www.sjsu.edu/advising/) at <http://www.sjsu.edu/advising/>.

### Consent for Recording of Class and Public Sharing of Instructor Material

[University Policy S12-7](http://www.sjsu.edu/senate/docs/S12-7.pdf), <http://www.sjsu.edu/senate/docs/S12-7.pdf>, requires students to obtain instructor’s permission to record the course.

- “Common courtesy and professional behavior dictate that you notify someone when you are recording him/her. You must obtain the instructor’s permission to make audio or video recordings in this class.

Such permission allows the recordings to be used for your private, study purposes only. The recordings are the intellectual property of the instructor; you have not been given any rights to reproduce or distribute the material.”

- Because active participation of other students may be on the recording, permission of those students must be obtained as well.
- “Course material developed by the instructor is the intellectual property of the instructor and cannot be shared publicly without his/her approval. You may not publicly share or upload instructor generated material for this course such as exam questions, lecture notes, or homework solutions without instructor consent.”

### **Academic Integrity**

Your commitment, as a student, to learning is evidenced by your enrollment at San Jose State University. The [University Academic Integrity Policy S07-2](http://www.sjsu.edu/senate/docs/S07-2.pdf) at <http://www.sjsu.edu/senate/docs/S07-2.pdf> requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The [Student Conduct and Ethical Development website](http://www.sjsu.edu/studentconduct/) is available at <http://www.sjsu.edu/studentconduct/>.

### **Campus Policy in Compliance with the American Disabilities Act**

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. [Presidential Directive 97-03](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) at [http://www.sjsu.edu/president/docs/directives/PD\\_1997-03.pdf](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) requires that students with disabilities requesting accommodations must register with the [Accessible Education Center](http://www.sjsu.edu/aec) (AEC) at <http://www.sjsu.edu/aec> to establish a record of their disability.

### **Accommodation to Students' Religious Holidays**

San José State University shall provide accommodation on any graded class work or activities for students wishing to observe religious holidays when such observances require students to be absent from class. It is the responsibility of the student to inform the instructor, in writing, about such holidays before the add deadline at the start of each semester. If such holidays occur before the add deadline, the student must notify the instructor, in writing, at least three days before the date that he/she will be absent. It is the responsibility of the instructor to make every reasonable effort to honor the student request without penalty, and of the student to make up the work missed. See [University Policy S14-7](http://www.sjsu.edu/senate/docs/S14-7.pdf) at <http://www.sjsu.edu/senate/docs/S14-7.pdf>.

### **Student Technology Resources**

Computer labs for student use are available in the [Academic Success Center](http://www.sjsu.edu/at/asc/) at <http://www.sjsu.edu/at/asc/> located on the 1st floor of Clark Hall and in the Associated Students Lab on the 2nd floor of the Student Union. Additional computer labs may be available in your department/college. Computers are also available in the Martin Luther King Library. A wide variety of audio-visual equipment is available for student checkout from Media Services located in IRC 112. These items include DV and HD digital camcorders; digital still cameras; video, slide and overhead projectors; DVD, CD, and audiotape players; sound systems, wireless microphones, projection screens and monitors.

## **SJSU Peer Connections**

Peer Connections, a campus-wide resource for mentoring and tutoring, strives to inspire students to develop their potential as independent learners while they learn to successfully navigate through their university experience. You are encouraged to take advantage of their services which include course-content based tutoring, enhanced study and time management skills, more effective critical thinking strategies, decision making and problem-solving abilities, and campus resource referrals.

In addition to offering small group, individual, and drop-in tutoring for a number of undergraduate courses, consultation with mentors is available on a drop-in or by appointment basis. Workshops are offered on a wide variety of topics including preparing for the Writing Skills Test (WST), improving your learning and memory, alleviating procrastination, surviving your first semester at SJSU, and other related topics. A computer lab and study space are also available for student use in Room 600 of Student Services Center (SSC).

Peer Connections is located in three locations: SSC, Room 600 (10th Street Garage on the corner of 10<sup>th</sup> and San Fernando Street), at the 1st floor entrance of Clark Hall, and in the Living Learning Center (LLC) in Campus Village Housing Building B. Visit [Peer Connections website](http://peerconnections.sjsu.edu) at <http://peerconnections.sjsu.edu> for more information.

## **SJSU Writing Center**

The SJSU Writing Center is located in Clark Hall, Suite 126. All Writing Specialists have gone through a rigorous hiring process, and they are well trained to assist all students at all levels within all disciplines to become better writers. In addition to one-on-one tutoring services, the Writing Center also offers workshops every semester on a variety of writing topics. To make an appointment or to refer to the numerous online resources offered through the Writing Center, visit the [Writing Center website](http://www.sjsu.edu/writingcenter) at <http://www.sjsu.edu/writingcenter>. For additional resources and updated information, follow the Writing Center on Twitter and become a fan of the SJSU Writing Center on Facebook. (Note: You need to have a QR Reader to scan this



code.)

## **SJSU Counseling Services**

The SJSU Counseling Services is located on the corner of 7<sup>th</sup> Street and San Fernando Street, in Room 201, Administration Building. Professional psychologists, social workers, and counselors are available to provide consultations on issues of student mental health, campus climate or psychological and academic issues on an individual, couple, or group basis. To schedule an appointment or learn more information, visit [Counseling Services website](http://www.sjsu.edu/counseling) at <http://www.sjsu.edu/counseling>.



## Kin 51A / Beginning Aikido, Fall 2015, Course Schedule

The schedule is subject to change with fair notice, which may include verbal announcements in class and/or written email to students.

Week	Course Content (Assignments/Activities)
1 Aug 24	Begin reading the following sections in <i>Journey to the Heart of Aikido</i> 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” pp. 102 – 104 “Stand on the Floating Bridge of Heaven” pp. 134 – 135 “What Is Aikido?” p. 136 “The Fundamentals” p. 164 “A Paradox” p. 166 “Unity With Nature” pp. 167 – 168 “ <i>Muri, Muda, Mura</i> ” pp. 168-169 “Goals” pp. 169-171 “Don’t Wait for an Attack”
2	Seated Back Roll
3 Sept. 7	Seated Forward Roll <b>Labor Day - No Class</b>
4	Kneeling Forward Roll
5 Sept 23	Standing Forward Roll <b>Take-Home Test Due – Bring Hard Copy to Class</b>
6	Standing Back Roll
7 Oct 5	Practice Rolls and Aikido Techniques
8	Practice Rolls and Aikido Techniques
9 Oct 21	Practice Rolls and Aikido Techniques <b>Midterm Paper Due</b>
10	Practice Rolls and Aikido Techniques
11 Nov 2	Practice Rolls and Aikido Techniques
12 Nov 11	Practice Rolls and Aikido Techniques <b>Veteran’s Day - No Class</b>

Week	Course Content (Assignments/Activities)
13 <b>Nov 16</b> <b>Nov 18</b>	<b>Skills Test</b> <b>Skills Test</b>
14 <b>Nov 23</b>	<b>Skills Test</b>
15 <b>Nov 30</b> <b>Dec 1</b> <b>Dec 2</b>	<b>Field Trip to Aikido of San Jose &amp; Regular Class at SJSU</b> <b>Field Trip to Aikido of San Jose</b> <b>Field Trip to Aikido of San Jose &amp; Regular Class at SJSU</b>
16 <b>Dec 7</b>	<b>Field Trip to Aikido of San Jose &amp; Regular Class at SJSU</b> <b>Final Paper, all late assignments, and Make-Up Work Due</b>