

San José State University
Kinesiology
KIN 053A, Beginning Karate, Sec. 01/02, Spring 2021

Contact Information

Instructor: Peter A. Rodriguez Sr., ATC, NREMT, CSCS, ACSM-CPT, NASM-CPT, USAW-L1

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Office Hours: by appointment, via Zoom

Class Meetings & location: Online-No in-person meetings.

Prerequisites: None

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 Format-Online

This course will be delivered fully online with no in-person meetings. Content will be provided via videos and photographs as well as recorded/written lectures and demonstrations. Students must have access to the Internet to participate in this course. Students must also have the capability to video record assignments and submit them via Canvas. Students will be required to upload videos to YouTube.com as “unlisted” and submit URL’s via Canvas for grading. Submitted videos will not be shared or uploaded.

MYSJSU Messaging

Course materials such as syllabus, handouts, notes, assignment instructions, etc. can be found on [Canvas Learning Management System course login website](http://sjsu.instructure.com) at <http://sjsu.instructure.com>. You are responsible for regularly checking with the messaging system through [MySJSU](http://one.sjsu.edu) on [Spartan App Portal](http://one.sjsu.edu) <http://one.sjsu.edu> (or other communication system as indicated by the instructor) to learn of any updates.

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.)

Other Readings

Informational readings will be provided on Canvas

Other technology requirements/equipment/material

Students will need access to a laptop/computer/tablet that can access Canvas. Students will also be required to have audio/video recording capability (webcam, cell phone, video camera) and a YouTube.com account to upload assignment recordings.

Course Requirements and Assignments- (See Class Calendar for dates)

Skills Tests (20% Midterm + 30% Final)

As part of both the Midterm and Final exam, a skill test will be administered. Skill tests will be physical tests that evaluate a student's ability to correctly demonstrate the movement/sport skills associated with karate. Students will demonstrate movements based on Kihon Waza (basic drills), Kata (forms) and Kumite (pre-arranged partner drills).

All skills tests must be recorded and submitted via Canvas

Written Tests (10% Midterm + 10% Final)

As part of both the Midterm and Final exams, a written test will be administered. Any content covered during the course is fair game for the written exams. Examples of areas covered include karate history and historical figures, explanations of techniques, questions on etiquette and terminology, as well as written explanations of proper procedures and rules.

*Written tests will be administered via Canvas. Students will be required to utilize Respondus LockDown Browser for both the Midterm and Final written exams. *

Written and Physical Quizzes (10% Written + 10% Physical)

Written and physical quizzes will be administered throughout the semester. These short quizzes will serve as reviews of content covered. Written quizzes will be based on presented material and used to evaluate a student's comprehension. Physical tests will be short demonstrations of techniques or concepts covered in class.

Written quizzes will be administered via Canvas and Physical quizzes must be recorded and submitted via Canvas

Final Project 10%

Students will write a brief paper (3 pages maximum, double spaced) on the potential health and fitness benefits of karate. Paper is due via canvas by the final day of instruction.

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.

Final Examination-Due Friday, May 14th, 11:59pm

The Final Examination will consist of a skills test, in which the student will demonstrate comprehension of physical skills from throughout the course, as well as a written test to demonstrate comprehension of semester content. The written portion of the examination will be administered via Canvas and will require the use of the Respondus LockDown Browser. The skills portion of the exam will require recorded content that will be submitted via Canvas. Both portions of the exam will be due on the final day of instruction.

Late assignment policy

No assignments will be accepted late. All assignments will have an announced due date and time on Canvas. Students are expected to adhere to and respect these dates and times. It is the student's responsibility to plan appropriately for any contingencies. Only under extreme emergency shall an assignment be accepted late. Forgetting about an assignment, running out of time or not properly prioritizing assignments from this course are not emergencies. Given the online nature of this course, the Midterm and Final will not be rescheduled.

Grading Plan

20% Skills Test 1 (mid-term)		20pts
30% Skills Test 2 (final)		30pts
10% Written Test 1 (mid-term)		10pts
10% Written Test 2 (final)		10pts
10% Physical Quizzes (spread throughout semester)		10pts
10% Written Quizzes (spread throughout semester)		10pts
<u>10% Final Project</u>		<u>10pts</u>
100%	Total	100pts

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. All extra-credit is due on final day of instruction:

- Watch an *approved* movie/video on Karate and write a report.
- Attend some sort of *approved* online karate event (seminar, tournament, etc.) and write about your experience.

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

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 Notes

- Class protocol: Students are expected to participate fully in all activities throughout the class unless injury/illness prevents them from doing so.
- Interactions with classmates and the instructor are always expected to be respectful.
- Karate is a potentially dangerous activity. Safety is paramount. Students should plan to use a safe, obstacle free area to practice class activities.
- Recording class: Instruction may not be recorded or shared. Instructional videos are not to be shared or posted anywhere without the permission of the instructor and university.
- Intellectual property: Course materials developed by the instructor (e.g., exam/quiz items, videos, photos, 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 limitations, 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. Activities will require the use of properly fitting athletic wear. Proper performance of activities will require participants to be barefoot.
- Students will need to create a YouTube account (preferably utilizing assigned SJSU Gmail) to upload skills tests. Videos can be set to "unlisted".
- It is the ultimate responsibility of the student to formally drop a class. You should not rely on the instructor to drop you from a class for non-attendance. **Drop requests will not be accepted after the SJSU drop deadline.**
- Students are responsible for completing all course assignments by assigned due dates. Students are responsible for following course due dates on the syllabus as well as checking Canvas for updates. It is recommended that students check Canvas at **least** once a week.

University Policies

Per University Policy S16-9 (<http://www.sjsu.edu/senate/docs/S16-9.pdf>), relevant university policy concerning all courses, such as student responsibilities, academic integrity, accommodations, dropping and adding, consent for recording of class, etc. and available student services (e.g. learning assistance, counseling, and other resources) are listed on Syllabus Information web page (<http://www.sjsu.edu/gup/syllabusinfo/>), which is hosted by the Office of Undergraduate Education. Make sure to visit this page to review and be aware of these university policies and resources.

Course Calendar (subject to change with fair notice by announcement via Canvas and/or email).

Week	Date	Course Content (Assignments, Exams)
1	1/29/21	review green sheet, course scope & expectations, Liability Form (Via Zoom)
2	2/5/21	Bowing, basic stances (<i>kiba dachi</i> , <i>heiko dachi</i> , <i>musubi dachi</i>), start basic punch (<i>choku zuki</i>) and blocks (<i>jyodan age uke</i> , <i>gedan barai</i>)
3	2/12/21	review and add <i>zenkutsu dachi</i> , <i>oi-zuki</i> and <i>mae geri</i> (front kick) add new blocks (<i>chudan soto ude uke</i> , <i>chudan uchi ude uke</i>) *Written #1*
4	2/19/21	review and start <i>Taikyoku Shodan</i> (1 st kata) + <i>gyaku zuki</i> (reverse punch) *
5	2/26/21	review & <i>Gohon Kumite</i> (Basic 5-step partner drill) *Written #2*
6	3/5/21	review and add <i>yoko geri keage</i> (side snapping kick) *
7	3/12/21	review <i>kihon waza</i> , <i>kata</i> and <i>kumite</i> *Written #3*
8	3/19/21	* Midterm*
9	3/26/21	review + <i>kokutsu dachi</i> (back stance) and <i>shuto uke</i> (knife hand block) *
10	4/2/21	*Spring Break*- No Class
11	4/9/21	review + <i>Gohon Kumite mae geri</i> (Basic 5-step partner drill with kick) *Written #4*
12	4/16/21	review + start <i>Heian Shodan</i> (2 nd kata) *
13	4/23/21	Review+ continue <i>Heian Shodan</i> (2 nd kata) *Written #5*
14	4/30/21	review + polish details*
15	5/7/21	Review and final exam prep
16	5/14/21	*Final exam. Final project and extra credit due submissions due. Final written exam online. Physical exam will consist of video submission. *

“*” Denotes either a physical or written quiz.