

San José State University
Kinesiology
Fall 2015, 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 designed to teach the beginning concepts of Japanese Karate-do. Its goal is to provide the student with the skills and knowledge of traditional Karate and insights into the martial arts in general, as well as an understanding and appreciation of exercise, biomechanics and self-defense components.

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.**
- **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)
- 20% Written Test 2 (final)
- 20% Quizzes (spread throughout semester)

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 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 1 hour a week outside of class.

University Policies

Dropping and Adding

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester's Catalog in the [policies section](http://info.sjsu.edu/static/catalog/policies.html) at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the current [academic year calendars](http://www.sjsu.edu/provost/services/academic_calendars/) document at 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/>.

Academic integrity

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The University's [Academic Integrity policy](http://www.sjsu.edu/senate/S07-2.htm) at <http://www.sjsu.edu/senate/S07-2.htm>, 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](http://www.sjsu.edu/studentconduct/) website at <http://www.sjsu.edu/studentconduct/>.

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person's ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU's [Academic Integrity policy](http://www.sjsu.edu/senate/S07-2.htm) at <http://www.sjsu.edu/senate/S07-2.htm> requires approval of instructors.

Note: Outings/assignments completed for another class cannot be counted for this course.

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 requires that students with disabilities requesting accommodations must register with the [Accessible](#)

Education Center (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 at <http://www.sjsu.edu/senate/docs/S14-7.pdf>.

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
7	review
8	review + midterm
9	review plus new kata practice
10	review plus strikes
11	review and some basic self-defense application
12	review plus new strikes
13	review, plus some variations
14	review, try new kata

Week	Course Content (Assignments, Exams)
15	review and final exam