Course Syllabus

Department: Physical Education and Integrated Health Care

Date: June 2012

I. Course Prefix and Number: PE 114

   Course Name: Karate

   Credit Hours and Contact Hours: 1 credit hour, 2 contact hours

   Catalog Description including pre- and co-requisites: An introductory course introducing the student to the fundamentals of Karate in all its aspects. Emphasis is placed on the physical and mental sides of training, physical fitness, self discipline, concentration, and meditation. No prerequisite is required.

II. Course Outcomes and Objectives

   Student Learning Outcomes:

   The student will:

   1. Develop discipline and self-confidence.
   2. Recognize the importance of physical fitness.
   3. Identify mental and physical concepts of Karate.
   4. Apply and execute basic self-defense techniques.
   5. Evaluate skills so each student understands his/her strengths and limitations.

   Relationship to Academic Programs and Curriculum:

   This course can be used to fulfill one credit hour of the FLCC physical education requirement. It is considered an introductory course and no prior knowledge of martial arts is required. This course helps you develop mental clarity and self-discipline in other courses.

   College Learning Outcomes Addressed by the Course:

   - writing
   - oral communications
   - reading
   - mathematics
   - critical thinking
   - computer literacy
   - ethics/values
   - citizenship
   - global concerns
   - information resources
III. Instructional Materials and Methods

Types of Course Materials:

Student Handouts

Methods of Instruction (e.g. Lecture, Lab, Seminar ...):

Hands-on experience with a classmate under instructor supervision.

IV. Assessment Measures (Summarize how the college and student learning outcomes will be assessed):

The Physical Education and Integrated Health Care Department believes each instructor should determine the grading system and evaluation methods that will be used in their section of the course. The methods of assessment must be communicated through the Course Outline that is given to the students the first week of the semester. Possible assessment methods include: quizzes, tests, collected assignments, group activities, demonstration of skills and performance. Such assessments and related assignments will develop critical thinking techniques, along with developing ethics and values regarding an appreciation of lifetime physical fitness and martial arts.

V. General Outline of Topics Covered:

- Karate (kicking, punching, blocking)
- Jujitsu (joint locks, pressure points, throwing, falling)
- Terminology and Etiquette
- Kata (prearranged form – required by the system taught)