Syllabus

HPE 114 Martial Arts

General Information

Date
September 27th, 2018

Author
Kathleen Schwartz

Department
Physical Education and Integrated Health Care

Course Prefix
HPE

Course Number
114

Course Title
Martial Arts

Course Information

Credit Hours
1

Lecture Contact Hours
2

Lab Contact Hours
0

Other Contact Hours
0

Catalog Description
This course introduces the student to the fundamentals of martial arts. Emphasis is placed on the physical and mental sides of training, physical fitness, self-discipline, concentration, and meditation.

Key Assessment
This course does not contain a Key Assessment for any programs

Prerequisites
None
Co-requisites
None

Grading Scheme
Letter

First Year Experience/Capstone Designation

This course DOES NOT satisfy the outcomes applicable for status as a FYE or Capstone.

SUNY General Education

This course is designated as satisfying a requirement in the following SUNY Gen Ed category
None

FLCC Values

Institutional Learning Outcomes Addressed by the Course

- Critical Thinking
- Ethics/Values

Course Learning Outcomes

Course Learning Outcomes

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

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)