

COURSE OUTLINE

Karate I

Course Description

PE 107. Karate I. 1 hour credit. This course will enable the student to participate in the basic introduction to the art of self-defense in Karate. An emphasis is placed on the physical and mental preparation required with the exercise associated with the skills of the martial arts.

Course Relevance

The principles learned in this course will allow the student to apply the concepts of wellness and health to personal lifestyle through martial art activities. This Karate course provides the student with the opportunity to actively participate and apply an awareness of the importance of developing a lifelong plan of health-enhancing behaviors that generate fitness and physical well-being. The principles are relevant as the student will take responsibility to assess levels of wellness and be willing to grow, change, and improve personal health by incorporating a fitness lifestyle.

Required Materials

None.

Learning Outcomes

The intention is for the student to be able to:

1. Demonstrate the basic techniques of white belt Karate self-defense.
2. Demonstrate improvement in physical strength and endurance.
3. Incorporate martial arts training and conditioning exercise into a fitness lifestyle.

Learning PACT Skills that will be developed and documented in this course

Through involvement in this course, the student will develop ability in the following PACT skill area(s):

Personal Development Skills

1. Personal management
 - Through the completion of a personal workout program, the student will demonstrate effective choices with regard to the implementation of a martial arts exercise routine that addresses self-concept, health, time, change and other self-management health issues.

Analytical Thinking Skills

1. Problem solving
 - Through the completion of a personal workout program, the student will select and design a personal martial arts training and conditioning program based on wellness lifestyle goals.

Communication Skills

1. Reception and interpretation of messages
 - Through an oral presentation, the student will accurately explain and demonstrate proper techniques for white belt Karate self-defense.

Major Summative Assessment Task(s)

These learning outcome(s) and the Learning PACT skill(s) will be demonstrated by:

1. Completing a workout program which demonstrates the student's techniques for beginning white belt Karate skills (A outcome) and its application to achieve a fitness lifestyle (P outcome).
2. Delivering an oral presentation of proper techniques for white belt Karate skills selected within the designed personal workout program (C outcome).

Course Content

- I. Skills or Competencies – Actions that are essential to achieve the course outcomes:
 - A. Explain the basic technique skills of white belt Karate
 - B. Demonstrate proper white belt Karate self-defense techniques

Learning Units

- I. Demonstrate the basic techniques of beginning Karate
 - A. The 25 basics of Karate
 - B. White belt Ippon Kumite
 - C. Fu Kyu Kata Ichi
 - D. Proper Koteote technique
- II. Techniques of self-defense
 - A. White belt self-defense
 - B. Defense positions and postures
- III. Proper technique for break and soft, non-injury falls

Learning Activities

Learning activities will be assigned to assist the student to achieve the intended learning outcomes through lecture, instructor-led discussion, audio-visual aids, guest speakers, group activities, drills/skill practice, and other activities at the discretion of the instructor.

Grade Determination

The student will be graded on learning activities and assessment tasks. Grade determinants may include the following: daily activity class participation; karate skill demonstration, and other methods of evaluation employed at the discretion of the instructor.