

## **PHED 143 Advanced Karate—1 CREDIT**

### **SYLLABUS**

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#### **CATALOG DESCRIPTION**

This class picks up where the beginning class leaves off. Students will finish the basic of one on one self-defense and will learn the basic application of two on one self-defense. Meets Physical education activity requirements for AA degree.

Prerequisites:

PHED 142 or permission of instructor

Semester Offered:

Fall, Spring

#### ***Common Student Learning Outcomes***

*Upon successful completion of San Juan College programs and degrees, the student will demonstrate competency in...*

##### **Broad and Specialized Learning**

Students will actively and independently acquire, apply, and adapt skills and knowledge with an awareness of global contexts.

##### **Critical Thinking**

Students will think analytically and creatively to explore ideas, make connections, draw conclusions and solve problems.

##### **Cultural and Civic Engagement**

Students will act purposefully, reflectively, and ethically in diverse and complex environments.

##### **Effective Communication**

Students will exchange ideas and information with clarity in multiple contexts.

##### **Information Literacy**

Students will be able to recognize when information is needed and have the ability to locate, evaluate, and use it effectively.

##### **Integrating Technologies**

Students will demonstrate fluency in the application and use of technologies in multiple contexts.

*Student work from this class may be randomly selected and used anonymously for assessment of course, program, and/or institutional learning outcomes. For more information, please refer to the Dean of the appropriate School.*

## Course Learning Outcomes

Upon successful completion of the course, the student will be able to...

- Demonstrate knowledge of basic blocks, hand strikes and kicks
- Demonstrate knowledge of basic blocks, hand strikes and kicks against an opponent if needed
- Demonstrate vital target areas on the human body
- Show combinations of hand strikes and kicks
- Demonstrate control through free-sparring
- Demonstrate six basic one-step defenses
- Demonstrate defenses against basic grabs, wrist locks, chokes and other attacks
- Demonstrate one on one self-defense
- Demonstrate two on one self-defense

