

PHED-1710 MARTIAL ARTS: KARATE 1 CREDIT

SYLLABUS

CATALOG DESCRIPTION

Provides the basic techniques, skills, and practice of karate, along with conditioning and flexibility exercises. Students explore and learn balance, distancing, timing, and physical and mental control techniques and applications.

Formerly PHED 142 Beginning Karate

Prerequisites: None

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...

1. Demonstrate and perform the basic skills and movements of karate.

2. Demonstrate the respect and tradition associated with the practice of karate.
3. Explain the history of karate.
4. Demonstrate vital target areas on the human body.
5. Demonstrate control through free-sparring.
6. Demonstrate six basic one-step defenses.
7. Demonstrate defenses against basic grabs, wrist locks, chokes and other attacks.