

PELLISSIPPI STATE COMMUNITY COLLEGE  
MASTER SYLLABUS

**BEGINNING KARATE  
PHED 2160**

**Class Hours: 0.0**

**Credit Hours: 1.0**

**Lab Hours: 2.0**

**Revised: Spring 2011**

**Catalog Course Description:**

The introduction and development of fundamental skills and general knowledge related to karate for fitness, self defense, and sport. Particular emphasis will be placed on skill acquisition and physical conditioning.

**Entry Level Standards:**

The student should be able to effectively communicate with instructor and peers, complete assignments according to instructor specifications, and read and write at the required level.

**Prerequisites:**

None

**Textbook(s) and Other Course Materials:**

Spruiell, Chris (Kyoshi). *The Encyclopedia of Combative Flow, A Mixed Martial Arts and Dojo Dojo Training Manual*. Knoxville, TN: Bushido Press, 2004. ISBN 1-59677-000-7

**I. Week/Unit/Topic Basis:**

<b>Week</b>	<b>Topic</b>
1	Introduction/ Safety/History
2	*Fundamental Skill Explanations and Practice
3	Fundamental Skill Explanations and Practice
4	Fundamental Skill Explanations and Practice
5	Practice and Skills Tests
6	Skill Explanation and Practice
7	Skill Explanation and Practice
8	Skill Explanation and Practice
9	Skill Explanation and Practice
10	Practice and Skills Tests

- 11 Skill Explanation and Practice
- 12 Skill Explanation and Practice
- 13 Skill Explanation and Practice
- 14 Practice and Skills Tests
- 15 Final Exam Time is used for further testing.

**II. Course Goals\*:**

**The course will:**

- A. Demonstrate knowledge of and engage in warm-up and cool-down activities. I.3, I.4, I.5
- B. Demonstrate knowledge of etiquette, injury care, and safety while training for Combative Flow, Karate, and self-defense. I.6, III.3
- C. Demonstrate knowledge of Combative Flow skills. V.1, III.5, 1.6
- D. Demonstrate knowledge of Combative Flow strategies. VII.5 I.6
- E. Demonstrate knowledge of Combative Flow terminology. VII.4, VII.5
- F. Demonstrate fundamental Combative Flow Skills. III.5
- G. Evaluate situations to use grabs and locks. I.6,III.5, V.1
- H. Evaluate situations to use hold breaks. I.6, III.5, V.1
- I. Evaluate situations to use guard escapes and defensive maneuvers. I.6, III.5, V.1
- J. Evaluate situations to use offensive maneuvers for the stand-up fighter and the ground fighter. I.6, III.5, V.1
- K. Evaluate situations to use guard offense maneuvers. I.6, III.5, V.1
- L. Evaluate and correct errors in skill form and execution. I.6, III.5, V.1

\*Roman numerals after course objectives reference goals of the university parallel program.

**III. Expected Student Learning Outcomes\*:**

The student will be able to:

- 1. Demonstrate warm-up and stretching techniques. (A,B)
- 2. Demonstrate proper stance and posture for combative flow skills. (C,F)
- 3. Perform figure four locks. (C,F)
- 4. Perform armbars. (C,F)
- 5. Demonstrate scarfhold position. (C,F)

6. Demonstrate mounts and pin positions. (C,F)
7. Execute takedowns, throws and counters. (C,D,F)
8. Show strikes, punches, and kicks. (C,D,F)
9. Demonstrate a finger lock to reverse lying shoulder lock. (C,D,G)
10. Demonstrate a one-hand push to hammer smash. (C,D,G)
11. Perform a lapel grab to inside wrist compression. (C,D,G)
12. Demonstrate two handed lapel grab to punch. (C,D,G)
13. Discuss techniques and cues for reading appropriate offensive maneuvers.(C,D,E,F,G,H,J,K)
14. Perform a low bear hug to submission. (C,D,F,H)
15. Perform a high bear hug to stomp. (C,D,F,H)
16. Show both the two front choke series to submission and the two back choke series to submission. (C,D,H)
17. Complete a standing head lock to armbar. (C,D,H,I)
18. Discuss the differences in techniques and in which situations to use grabs, locks, and hold breaks. (C-L)
19. Discuss offensive guard maneuvers. (C,D,K)
20. Demonstrate single and double leg takedowns. (C,D,F,I)
21. Evaluate defensive situations and apply proper responses through combative flow. (C-L)
22. Evaluate offensive situations and apply proper blocks, takedowns, and offensive guard maneuvers. (C-L)

\* Capital letters after Expected Student Learning Outcomes reference the course goals listed above.

#### **V. Evaluation:**

A. Testing Procedures: 40% of grade

One major exam

B. Laboratory Expectations: 0% of grade

N/A

C. Field Work: 0% of grade

N/A

D. Other Evaluation Methods: 60% of grade

Skill Evaluation: 40 points

Attendance and participation: 20 points

E. Grading Scale:

A	93 -100 points
B+	92 - 88 points
B	87 - 83 points
C+	82 - 78 points
C	77 - 73 points
D+	72 - 68 points
D	67 - 62 points
F	61 below points

**VI. Policies:**

A. Attendance Policy:

Pellissippi State expects students to attend all scheduled instructional activities. As a minimum, students in all courses (excluding distance learning courses) must be present for at least 75 percent of their scheduled class and laboratory meetings in order to receive credit for the course. Individual departments/programs/disciplines, with the approval of the vice president of Academic Affairs, may have requirements that are more stringent. In very specific circumstances, an appeal of the policy may be addressed to the head of the department in which the course was taken. If further action is warranted, the appeal may be addressed to the vice president of Academic Affairs.

B. Academic Dishonesty:

Academic misconduct committed either directly or indirectly by an individual or group is subject to disciplinary action. Prohibited activities include but are not limited to the following practices:

- Cheating, including but not limited to unauthorized assistance from material, people, or devices when taking a test, quiz, or examination; writing papers or reports; solving problems; or completing academic assignments.
- Plagiarism, including but not limited to paraphrasing, summarizing, or directly quoting published or unpublished work of another person, including online or computerized services, without proper documentation of the original source.
- Purchasing or otherwise obtaining prewritten essays, research papers, or materials prepared by another person or agency that sells term papers or other academic materials to be presented as one's own work.
- Taking an exam for another student.
- Providing others with information and/or answers regarding exams, quizzes, homework or other classroom assignments unless explicitly authorized by the instructor.
- Any of the above occurring within the Web or distance learning environment.

C. Accommodations for disabilities:

Students who need accommodations because of a disability, have emergency medical information to share, or need special arrangements in case the building must be evacuated should inform the instructor immediately, privately after class or in her or his office. Students must present a current accommodation plan from a staff member in Services for Students with Disabilities (SSWD) in order to receive accommodations in this course. Services for Students with Disabilities may be contacted by going to Goins 127, 132, 134, 135, 131 or by phone: 539-7153 or TTY 694-6429. More information is available at <http://www.pstcc.edu/sswd/>.

D. Other Policies:

Attendance Policy:

**Three absences will be allowed. On the fourth and subsequent absences, four points will be deducted from the final total.** Students with eight or more absences will not pass the course. Students who fail to participate in assigned activities will be counted as absent.

Tardiness/Lateness Policy:

Students are expected to be on time for class. Students late for class will have points deducted from the participation total. Ten minutes late will result in a tardy. Three tardies equal an absence. Twenty minutes late will result in an absence.

**Injury Policy:**

Students injured during class must inform the instructor immediately. An accident/incident report must be filed. This applies to all injuries no matter how minor.