



Syllabus

HPE 114 Martial Arts

General Information

Date

September 27th, 2018

Author

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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)