HPE 165 Karate

**Course Information**

<table>
<thead>
<tr>
<th>Division</th>
<th>Health Sciences</th>
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<tbody>
<tr>
<td>Contact Hours</td>
<td>2</td>
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<td>Theory</td>
<td>2</td>
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<tr>
<td>Lab Hours</td>
<td>30</td>
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<td>Total Credits</td>
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**Prerequisites**

RDG 090 and ENGL 090 or qualifying scores on ACT or COMPASS tests

**Course Description**

The purpose of the course is to help the participating student understand the art of Karate, not only as a method of self-defense, but as an art to develop coordination between mind and body. Emphasis will be placed on physical fitness, history of the art, self-discipline, and self-defense. Involved are body movement principles, a progressive exercise program, and other desirable health and technical aspects of the art of Karate.

**Course Outcomes**

In order to evidence success in this course, students will be able to:

1. Identify/Recognize:
   a. Dispel some of the misconceptions of Karate
   b. Discuss the three main functions of Karate:
      i. a healthful physical art
      ii. an effective form of self-defense
      iii. an exciting and competitive sport
   c. Describe the difference between Karate and other martial arts

2. Demonstrate/Practice:
   a. Practice and improve precision of basic techniques, actions, and form movements
   b. Demonstrate respect toward one's self and others
   c. Demonstrate good sportsmanship in sparring and other activities

3. Commit themselves to each class period physically, mentally, and emotionally:
   a. Value Karate as a means to good health
   b. Acquire self-control and serene character through the discipline of Karate

Date Updated: 3/17/15
By: RRiffle/KSL