Course Outcome Summary

Standard Course

HPE 265 Intermediate Karate

Course Information

Division: Health Sciences
Contact Hours: 2
Theory: 2
Lab Hours: 30
Total Credits: 1

Prerequisites: HPE 165

Course Description

This course will allow students of HPE-165 beginning Karate, to proceed to an intermediate level. Continued 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. some of the misconceptions of Karate
   b. the three main functions of Karate:
      i. healthful physical art
      ii. an effective form of self-defense
      iii. an exciting and competitive sport
   c. the difference between Karate and other martial arts

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

3. Believe/Feel/Think:
   a. to value Karate as a means to good health
   b. acquire self-control through the discipline of Karate
   c. develop confidence