



Course Outcome Summary

Standard Course

HPE 165 Karate

Course Information

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

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

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