



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