

WAYLAND BAPTIST UNIVERSITY
Division of Exercise and Sport Science
Mr. Buchanan
Syllabus

Mission: Wayland Baptist University exists to educate students in an academically challenging and distinctively Christian environment for professional success, lifelong learning and service to God and humankind.

COURSE NUMBER AND TITLE: EXSS 1113 KARATE

TERMS AND DATES: Fall semester 2007

INSTRUCTORS NAME, NUMBER AND E-MAIL

Patrick Buchanan
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OFFICE HOURS:

CATALOG DESCRIPTION: A course designed to develop skill in a lifetime activity that can lead to positive use of leisure time. Course includes Taekwon karate, katas and fighting forms.

PREREQUISITE: None

TEXTBOOK: None

COURSE OUTLINE:

- A. Introduction
 1. Class procedures
 2. Rules of karate and self defense
 3. Avoiding injury
 4. Course outline
 5. Stretching
- B. Basic exercises
 1. Basic walk
 2. Basic punch
 3. Basic down block
 4. Basic rising Block
 5. Turns
- C. Sparring movements
 1. Sparring stance
 2. Walk
 3. Punch
 4. Down block
 5. Rising block

6. Side snap kick
7. Front snap kick
8. 10 self defense techniques

D. Kicks

1. Front snap
2. Side snap
3. Front flicker
4. Turn kick
5. Jump kick
6. Round house

E. Katas

1. Kibon hyung II chol
2. Kibon hyung Yi chol
3. Kibon hyung Sam chol
4. Kibon hyung Sa chol
5. Ten self defense techniques

OBJECTIVES AND OUTCOME COMPETENCIES: Upon completion of each area students should be able to:

1. Demonstrate basic rising block
2. Demonstrate first maneuvers
3. Demonstrate sparring stance
4. Demonstrate sparring down block
5. Demonstrate sparring, walking rising block, etc.
6. Demonstrate forearm block
7. Demonstrate 15 self defense techniques out of two stances.
8. Demonstrate 5 katas
9. Demonstrate basic hand sparring
10. Demonstrate free sparring techniques
11. Demonstrate 5 kicks with sparring techniques

COURSE REQUIREMENTS: All students are required to participate in class.

Computation of final grade:

1. Tests: 3 rank and promotion tests.....40%
2. Practical application assignments30%
3. Final.....30%
 - a. Student Katas.....50%
 - b. Mastery of karate....50%

COURSE EVALUATION: Grading criteria conforms to catalog.

ATTENDANCE POLICY: Students should try to attend class meetings. An individual who is absent for more than 10% of the scheduled class sessions should expect a reduction of their final grade. 11-15% one letter grade, 16-24% two letter grades, 25% or more, three letter grades. Students will be allowed to make up major exams for accepted excuses and at the designated time set forth by the professor.

ACADEMIC HONESTY: University students are expected to conduct themselves according to the highest standards of academic honesty. Academic misconduct for which a student is subject to penalty includes all forms of cheating, such as illicit possession of examinations or examination materials, forgery, or plagiarism. (Plagiarism is the presentation of the work of another as one's own work).

Disciplinary action for academic misconduct is the responsibility of the faculty members assigned to the course. The faculty member is charged with assessing the gravity of any case of academic dishonesty, and with giving sanctions to any student involved. Penalties may be applied to individual cases of academic dishonesty.

DISABLED PERSON:

“It is University policy that not otherwise qualified disabled person be excluded from participation in, be denied the benefits of, or be subject to discrimination under any educational program or activity in the University”.