CENTRAL TEXAS COLLEGE
SYLLABUS FOR KINE 1121
KARATE II
04/2008
INSTRUCTOR
OFFICE HOURS

I. INTRODUCTION:

A. The purpose of this course is to introduce students to the Martial Art of TAE KWON DO, which involves physical activity as well as mental discipline.

B. This course meets curriculum requirement for the Central Texas College programs for an Associate Degree and the transferability of courses to other institutions.

II. OVERALL OR GENERAL OBJECTIVES OF THE COURSE:

A. Students will be able to comprehend and illustrate by example the rules regarding the safety, strategy and manners of the sport.

B. Students will be able to demonstrate competency by participating in offensive and defensive maneuvers as well as pre-arranged and/or “free sparring” as explained through lecture demonstrations.

C. Students should be able to comprehend and apply the principle that the achievement and maintenance of good physical condition is essential to success in the sport of TAE KWON DO and must be introduced by fitness exercises.

D. Students will be able to develop skills and understanding of the general principles of personal defense and safety and should also be able to develop a sense of responsibility for one’s self as well as others.

III. INSTRUCTIONAL MATERIALS:

The instructional materials identified for this course are viewable through www.ctcd.edu/books

IV. REQUIREMENTS FOR THE CLASS ARE AS FOLLOWS:

1. Attend class regularly
2. Be on time
3. Suit out in proper dress
4. Pass written examinations
GRADE COMPUTATION

<table>
<thead>
<tr>
<th>Component</th>
<th>Percentage</th>
</tr>
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<tbody>
<tr>
<td>Participation</td>
<td>50%</td>
</tr>
<tr>
<td>Skill evaluation</td>
<td>25%</td>
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<tr>
<td>Written Examinations</td>
<td>25%</td>
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*Participation grade will include suiting out in proper attire, positive contributions to class and team efforts, promptness in beginning activities, constant and maximum effort toward activity objectives, and demonstration of good sportsmanship.

ABSENCES AND TARDIES

- **Absences numbers one (1) and two (2) - No penalty.**

- **Absence number three (3) - 5 points** will be deducted from your final grade (based on 100 point scale).

- **Absence number four (4) - 10 points** will be deducted from your final grade (based on 100 point scale).

- Should you exceed **four (4) absences**, you will be withdrawn from the class. (See “CTC Absentee Policy” in college catalogue)

- **Two (2) points** will be deducted from your final grade for each tardy.

- **There will be no make-up classes.**

Students will be required to provide a documented excuse when missing either written exams or skills tests. It will be his/her responsibility to arrange with the instructor the missed exam. Students who fail to make such arrangements immediately upon their return to class will not be allowed to take the test.

ATTENDANCE PROCEDURES:

It will be the responsibility of the student to sign the attendance sheet before beginning class. Students arriving late to class must sign a tardy sheet. Students who arrive more than 15 minutes after class-time will be counted absent. Students who leave class early without consulting with the instructor will be counted absent. Students who sign in and leave class will be penalized and subject to administrative withdrawal. This action will be considered academic dishonesty.
V. COURSE OUTLINE:

A. Orientation

1. Objective: To introduce students to the martial art of TAE KWON DO, which involves physical activity as well as mental discipline.

   a. Warm-ups
      (1) Aerobics Exercises
      (2) Stretching Exercises

   b. Forms
      (1) Kyu-yool (discipline)
      (2) Kam-sah (appreciation)
      (3) Jayoo (freedom)

   c. Count Kicks
      (1) 3-count front kick
      (2) 4-count side kick
      (3) 3 count round kick

   d. Six Basics and gold belt combinations

   e. Self-defense Techniques

   f. White Belt One Step
      (1) Attacher-steps forward with loud yelling
      (2) Defender-steps back with loud yelling

B. Fitness Assessments

VI. NOTES:

Disability Support Services provides services to students who have appropriate documentation of a disability. Students requiring accommodations for class are responsible for contacting the Office of Disability Support Services (DSS) located on the central campus. This service is available to all students, regardless of location. Explore the website at www.ctcd.edu/disability-support for further information. Reasonable accommodations will be given in accordance with the federal and state laws through the DSS office.