

# THE DIVISION OF PHYSICAL EDUCATION AND DANCE

## PREFACE

Oxford College is committed to the liberal arts. The liberal arts curriculum for centuries has included the study of physicality and its relationship to mind and spirit. From Plato's Academy to the present, institutions that espouse the study of the liberal arts make physical education an integral part of the curriculum. The study of physicality includes but is not wholly limited to:

1. The refinement of the senses.
2. The maintenance of health, physical strength and stamina.
3. The management and control of body based emotions.
4. An appreciation of kinesthetic awareness, which includes the joy of movement and exploration of human movement as a form of expression.
5. The acquisition and refinement of perceptual motor skills.
6. An awareness that there is an intrinsic relationship between body, mind and spirit and that inadequacies in one of these affects the other two.

The courses within the three areas in the Division of Physical Education and Dance emphasize certain elements of physicality with some elements being emphasized more than others. By enrolling in three courses in three different areas students will be exposed to all six elements of physicality to one degree or another.

**PE 129 Karate**  
**(Spring 2003, MWF 9:35 to 10:25)**

**Instructor:** Dr. Yang, Guibao  
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**Office hour:** M-F: 11:30 to 12:10pm  
                  M: 1:40 to 2:40 pm

**Office:** Gym 103 H  
**Fax:** 770-784-4677  
**Location:** Mezzanine  
**TTh:** 9:20 to 10:00am  
          2:15 to 2:45pm

**Course Description:**

The course focuses on improving students' fundamental knowledge, history, philosophy, and a variety of skills in modern karate and martial art. This is accomplished by participating in lectures, discussions, and various exercise programs such as punching, kicking, blocking, and with emphasis on physical fitness, attitudes, and self-discipline.

**The Goals of the Course**

At the conclusion of the course, the student will be able to:

1. Explain the definition of self-defense as it may be interpreted under the law and a philosophy that emphasizes avoidance of conflicts.
2. Explain the Philosophy of Karate and its history.
3. Apply the fundamental terminology and principles of Karate.
4. Demonstrate basic skills such as punching, blocking, striking, and kicking.
5. Use and apply techniques such as release, grasp-re-grasp, and joint locks in self-defense and neutralization of an attack.
6. Improve the fitness components for self-defense and better health.
7. Demonstrate fundamental technique formation.
8. Explain varying perspectives on sex assaults avoidance.

**Course Content (topics)**

- A. Lectures: Class orientation and general introduction; history, legend, styles and development of modern Karate; principles, philosophy, and fundamental knowledge of Karate.
- B. Class Activity: Fundamental techniques of punching, blocking, kicking, striking, releasing, grasping, joint blocking; Application of self-defense; Three steps and one step sparing; First Shotokan Karate Kata (form).

**Instructional Activities and Methodology**

A developmental and systematic approach will be employed to the content of this course. Students will be provided with variety of practice sessions and activities to allow for improving their cognitive, social and psychomotor skills and fitness.

## Exams and Grading

### A. Skill Tests (35 %)

Test 1: Step in and punching stomach and face, step back outside-center block and rising block; front snap kick, step back downward block.	6%
Test 2: Step back inside block, knife hand block, and side snap kick.	3%
Test 3: Three-step sparring: punching stomach, face, and front snap kick; outside-center, rising, and downward block.	3%
Test 4: Heian Shodan Kata (Form)	3%
Test 5: Final Skill Test:	20%
a. Fundamental skills: Five blocks (Rising, downward, inside, outside-center, and knife hand), two punches (face and stomach), and two kicks (front and side snap).	
b. Sparring: Three step sparring.	
c. Heian Shodan Kata	

### B. Written Exams (35%)

First Exam:	10%
Second Exam:	10%
Third Exam:	10%
(The lowest exam grade will be dropped)	
Final Exam:	15%

### C. Participation (30 %)

About one third of your final grade will be based on participation. Students will gain 30 points toward final grade if they are actively participating classes and do not miss more than three (3) classes.

### D. Grading Summary:

A=90 – 100   B=80 – 89   C=70 – 79   D=60 – 69   F=0 – 59

## Attendance Policy

Students are expected to attend class regularly and punctually. Classes will begin promptly at scheduled times, thus tardiness and absences will be counted and considered in your final evaluation.

- A. Maximum **three (3)** absences (one-week class) will be allowed without penalty for the semester. These are to be used for illness, emergencies, weddings, religious holidays, etc.
- B. After 3 absences, each consecutive absence will result deducted points from your participation grade. **5 points will be deducted from next 3 consecutive absences and 10 points will be deducted in Seventh absence there after.**
- C. **Three (3) tardy** will equal to **one class absence.**

## Honor Code:

Oxford College considers any academic misconduct such as cheating of any form on a quiz, examination or homework to be a very serious offense. Any students not adhering to the honor code policy will be subject to likely consequences of disciplinary probation, suspension, and/or dismissal from the college.

## General Requirements and Information

- A. No food, drinks, or gum chewing is allowed.
- B. **Dress:** Loose sports wear, t-shirts, shorts, sweat pants and so on are required and highly recommended. **No Jeans except Lecture time. Failure to wear proper Gym cloth may result in a penalty absence.**
- C. Glasses worn should be secured and try not to wear jewelry in class.
- D. **Attention:** Class activities may include vigorous exercises. If you have any medical condition or physical problems to prevent you from full participation in such activity, it is your responsibility to inform the instructor of its nature (e.g., weak knee joint, history fainting etc.). If you have a condition which would limit your potential for fulfilling the requirements of this class you should have your physician immediately fax a letter to me stating a) the nature of the limitation(s) and b) his/her suggestions for activities which would help you meet the requirements of this course.

## Text Book

Although a textbook will not be required for the course, handouts and class notes will be the responsibility of the students.

## PE 129 Karate MWF Class Calendar, Spring 2003

Week	Day	Date	Activities
1.	W	1/15	Introduction
	F	1/17	Introduction, flexibility test, and skill preparation
2.	M	1/20	<b>Martin Luther King Day</b>
	W	1/22	Skill practice
3.	F	1/24	Skill practice
	M	1/27	Skill practice
	W	1/29	Lecture
4.	F	1/31	Skill practice
	M	2/3	Skill practice
	W	2/5	Lecture
	F	2/7	No Class, Teacher goes to conference
5.	M	2/10	<b>Skill Test 1</b>
	W	2/12	<b>First Written Exam and Lecture</b>
	F	2/14	Skill practice
6.	M	2/17	Skill practice
	W	2/19	Go over First Written Exam and Lecture
	F	2/21	Skill practice
7.	M	2/24	Skill practice
	W	2/26	Lecture
	F	2/28	<b>Skill Test 2</b>
8.	M	3/3	Skill Practice
	W	3/5	<b>Second Written Exam</b>
	F	3/7	Skill practice
9.	M	3/10	<b>Spring Break</b>
10.	M	3/17	Skill practice
	W	3/19	Go over Exam 2 and Lecture
	F	3/21	Skill practice
11.	M	3/24	Skill practice
	W	3/26	Lecture
	F	3/28	<b>Skill Test 3</b>
12.	M	3/31	Skill practice
	W	4/2	Lecture
	F	4/4	Skill practice
13.	M	4/7	Skill practice
	W	4/9	<b>Third Written Exam and Lecture</b>
	F	4/11	<b>Skill Test 4</b>
14.	M	4/14	Skill practice
	W	4/16	Lecture
	F	4/18	Skill Practice
15.	M	4/21	Final Skill Test reviewing, flexibility post test
	W	4/23	<b>Final Skill Test</b>
	F	4/25	Final Exam reviewing
16.	M	4/28	<b>Final Exam</b>