

North Hennepin Community College

EXSC 1440: Karate

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 0

Lab Hours/Week: 2

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course will enable the student to obtain a basic knowledge or appreciation of self-defense and the martial arts, specifically the Soo Bahk Do style of martial arts. Students will learn to execute basic self-defense techniques, increase their flexibility, and improve their mental focus. Soo Bahk Do has been taught on campus since 1978 and was one of the "pioneer" arts introduced in Minnesota in the 1960's. Upon completion of the curriculum, the student will be eligible to test for rank recognized by the United State Soo Bahk Do Federation at an additional fee and can continue their training at a local studio. All skill levels welcomed. This course will also utilize kicking pads and re-breakable boards for some of the kicking and punching techniques.

B. COURSE EFFECTIVE DATES: 08/01/2015 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. This course includes but is not limited to:
 - Theory of Karate and self-defense.
 - The practice of Karate and self-defense.
 - The history and culture of Karate.

D. LEARNING OUTCOMES (General)

1. Demonstrate the basic techniques of Ki Cho Ki Sul (Dept. Goals 1, 4, 5, 6; MnTC Goal 2, comp. a; NHCC ELOs 1, 2, 3).
 - Forms (choreographed routine, hyungs)
 - Release from grabs (Ho Sin Sul)
 - Board Breaking (Kyok Pa)
 - One step controlled sparring (Ill Soo Shik)
 - Safe Falling, slow free sparring, stretching.
2. Articulate an understanding of the culture and history of Karate. (Dept Goal 6; MnTC Goal 2, comp. d; NHCC ELOs 1, 2, 3).

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

1. Knowledge of Human Cultures and the Physical and Natural World--Through study in the sciences, mathematics, social sciences, humanities, histories, languages, the arts, technology and professions.
2. Intellectual and Practical Skills--Including: Inquiry and analysis; Critical and creative thinking; Written and oral communication; Quantitative literacy; Information literacy; Teamwork and problem solving.
3. Personal and Social Responsibility and Engagement--Including: Civic knowledge and involvement--campus, local and global; Intercultural knowledge and competence; Ethical reasoning and action; Foundations and skills for lifelong learning.