

# Inver Hills Community College

## **PHED 1148: Karate**

### **A. COURSE DESCRIPTION**

Credits: 1

Lecture Hours/Week: 0

Lab Hours/Week: 2

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Introduces the fundamentals of Karate from beginning to advanced skills, including self-defense techniques. This course is for the beginning student through the advanced levels. This course may be taken up to three times for credit.

**B. COURSE EFFECTIVE DATES:** 01/01/1998 - Present

### **C. OUTLINE OF MAJOR CONTENT AREAS**

1. History and Philosophy: 20%
2. Karate skills and techniques: 60%
3. Warm-up, stretching, fitness: 20%

### **D. LEARNING OUTCOMES (General)**

1. Discuss martial arts history and philosophy
2. Practice self-control in self-defense situations
3. Describe how Karate is a means to improve fitness
4. Describe and demonstrate several Karate skills

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

None

### **F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

### **G. SPECIAL INFORMATION**

None noted