

Inver Hills Community College

PHED 1148: Karate

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 0

Lab Hours/Week: 1

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