

MASTER SYLLABUS

Nashville State Community College Karate VII PHED 1470

Instructor:

Times:

Classroom:

Office/Office Hours:

Phone:

Email:

Course Description:

A continuation of PHED 1460. Topics include Brown belt katas, weapons' katas, advanced sparring techniques, and lower-rated belts.

Credits: 1

Course Objectives:

Students completing the course will be able to:

- Demonstrate hand and kicking techniques at the advanced immediate level
- Perform the sixth and seventh forms of Isshinryu Karate
- Perform weapon's kata
- Demonstrate self-defense techniques
- Recognize facts, events, and developments in the history of martial arts and in Isshinryu Karate
- Understand and demonstrate proper etiquette and respect for the others in training

Required Course Materials:

There is not a required textbook, but handout sheets will be passed out periodically during class.

Course Content:

1. Warm up, cool down, and stretching exercises
2. Training methods for karate: without a partner, with a partner, and repetition training
3. Kata performance
4. Self-defense
5. History and principals of the martial arts and Isshinryu Karate

Required Attire:

1. Black gi (karate) pants: (white karate pants are acceptable if you already own them)
2. Gi jackets may be worn, but they are optional.
3. T-shirt: loose fitting, solid colored, no writing or image that does not refer to karate is acceptable

4. Obi (karate belt): If you are a beginner, a white belt is required. If you hold a rank in Isshinryu or another style in the martial arts, please wear the belt that you have earned.
5. We will order gi pants from the NSTI bookstore or you may purchase gi pants from many local martial arts schools.

Uniform Size Chart: All measurements are in inches.

Size	Uniform Chest	Fits Chest Range	Relaxed Waist	Extend Hips	Uniform Outseam	Fits Inseam Range
3	49	34-39	28	40	39	26-28
4	50.5	35-40.5	29.5	42	42	28-29
5	53	37-42	31	44.5	44	29-30
6	56	39-44.5	32.5	46.5	46	30-32
7	59	41.50	34	48.5	48	32-34
8	61.5	43-49	35.25	50.5	48	33-35
9	61.5	43-49	35.25	50.5	48	34-36

Required Appearance:

- Jewelry, rings, watches, and hats must be removed prior to training.
- Shoes and socks must be removed.
- Fingernails and toenails must be kept trimmed and hair should be kept back
- Uniforms and t-shirt must always be kept clean
- Males (groin cups)
- Wear glasses and contacts as needed

Grades:

Attendance and Participation (5 points for each class)	150 points
Skills Test	20 points
Final Written Exam	20 points
Total Possible Points	200 points

Points	Grade
180-200	A
160-179	B
140-159	C
120-139	D
<120	F

Attendance and Participation:

1. For fully participating in each class, you will receive 5 points
2. You are expected to give 100% effort in all class activities.
3. Because students have different physical abilities, 100% effort is defined in regards to each student's physical ability.
4. If you are sick or have an injury that prevents you from giving 100% effort, you must inform your instructor.
5. You will lose 1, 2, or 3 points for poor participation.
6. No credit will be given for not dressing out or non-participation.
7. You will also lose 5 points each time you lose control or are disrespectful to another student or an instructor.
8. Absences will affect your grade.
9. You will lose 5 points for each absence.
10. Each student is allowed to miss 6 classes.
11. If you miss more than 6 classes, you will receive a grade of FA for the course.

Failure to attend class will result in a final course grade of "FA" or "FN"

- FA – Failure – attendance related (last date of attendance required)
- FN – Failure – never attended class

Tardy and Leaving Early:

- You will lose 2 points for each time that you are tardy or leave class early.
- If you arrive late, quietly enter the dojo and take a place at the end of the line and begin the group drills.
- If individual drills have begun, stand quietly by the inside of the door until the instructor gives you instructions to join the drills.
- At the end of class after we have bowed out, you must tell your instructor, that you are present. Otherwise, you will be counted absent.

Skills Test:

You will be required to demonstrate stances, punches, blocks, kicks, self-defense moves, and perform the first – fifth katas. The skills test counts 30 points toward your final grade.

Final Written Exam:

You will take a final written exam which covers information given to you orally in class and information from the handout sheets passed out during class. The exam will be comprehensive and will consist of matching, multiple choice, true or false, fill in the blanks, and/or discussion questions. The final written exam count 20 points.

Practice:

It is very important to regularly spend time practicing at home on your own to develop the skills on the techniques introduced in class. Only attending class without the additional practice at home will not provide sufficient practice to develop techniques and perform katas.

Contact:

This class involves physical contact. In practice drills you will be punched and kicked. Every effort will be made to maintain light contact, but beginning karate students do not always possess perfect control. When you learn self-defense, you will make personal body contact with fellow students and instructors. While all the contact will be public, appropriate, and respectful, students must accept some invasion of personal space, as well as risks of injury from light contact. If you cannot accept this kind of interaction, you should not take this course. Nashville State Community College is not responsible for injuries. You must tell your instructor if you are injured during class.

Water:

No food or beverages are permitted in the dojo area except water in covered bottles.

It is the student's responsibility to check D2L and MyNSCC email on a regular basis. These are the official communication channels between the college and students. Students are responsible for the information communicated through those channels. D2L contains specific course information and MyNSCC contains information important for other purposes.

Nashville State Community College has implemented an Early Warning System to notify students via e-mail about academic problems such as poor classroom attendance, poor performance on assignments/tests, poor communication skills, late/missing assignments, and/or lack of classroom participation. *Please note that Early Warning Alerts do not affect a student's academic standing.*

Accommodations:

Nashville State complies with the Americans with Disabilities Act. Consult with the office of Student Disability Services. If you need any accommodation(s) for this class, notify the instructor by the second class meeting.

Classroom Misconduct and Procedures:

Nashville State Community College has a zero tolerance policy for disruptive conduct in the classroom. Students whose behavior disrupts the classroom will be subject to disciplinary sanctions. The instructor has primary responsibility for control over classroom behavior and maintenance of academic integrity. He/she can order temporary removal or exclusion from the classroom of any student engaged in disruptive conduct or conduct which violates the general rules and regulations of the College. Disruptive behavior in the classroom may be defined as, but is not limited to, behavior that obstructs or disrupts the learning environment (e.g., offensive language, harassment of students and professors, repeated outbursts from a student which disrupt the flow of instruction or prevents concentration on the subject taught, failure to cooperate in maintaining classroom decorum, etc.), the continued use of any electronic or other noise or light emitting device which disturbs others (e.g., disturbing noises from beepers, cell phones, palm pilots, lap-top computers, games, etc.). Each student should refer to the current Nashville State Student Handbook for guidelines for student conduct.

Academic Dishonesty:

Any form of academic dishonesty, cheating, plagiarizing, or other academic misconduct is prohibited. "Plagiarism may result from: (1) failing to cite quotations and borrowed ideas, (2) failing to enclose borrowed language in quotation marks, and (3) failing to put summaries and paraphrases in your works" (A Writer's Reference, 331). Academic dishonesty may be defined as, but is not limited to, intentionally trying to deceive by claiming credit for the work of another person, using information from a web page or source without citing the reference, fraudulently using someone else's work on an exam, paper, or assignment, recycling your own work from another course, purchasing papers or materials from another source and presenting them as your own, attempting to obtain exams/materials/assignments in advance of the date of administration by the instructor, impersonating someone else in a testing situation, providing confidential test information to someone else, submitting the same assignment in two different classes without requesting both instructors' permission, allowing someone else to copy or use your work, using someone else's work to complete your own, altering documents, transcripts or grades, and forging a faculty/staff member's signature.

In addition to other possible disciplinary sanctions that may be imposed through regular college procedures as a result of academic dishonesty, the instructor has the authority to assign an "F" or a "Zero" for the exercise, paper or examination, or to assign an "F" for the course.

If a student believes that he/she has been erroneously accused of academic dishonesty and if his/her final grade has been lowered as a result, the student may appeal the case through the appropriate college grade appeal procedures.

NOTE:

This syllabus is a master syllabus. Specific course requirements are subject to revision at the discretion of the individual instructor. A course syllabus will be provided the first day of class.

ASSUMPTION OF RISK AND RELEASE

NASHVILLE STATE COMMUNITY COLLEGE

Liability Release, Waiver, Discharge and Covenant Not to Sue / Medical Consent

This is a legally-binding Release and Medical Consent made by me,
_____, to Nashville State Community College.

I fully recognize that there are dangers and risks to which I may be exposed by participating in _____ during _____. The following is a description and examples of specific, significant, non-obvious dangers and risks associated with this activity:

I understand the Institution does not require me to participate in this activity, but I want to do so, despite the possible dangers and risks and despite this Release.

I therefore agree to assume and take on myself all of the risks and responsibilities in any way associated with this activity. In consideration of and in return for the services, facilities, and the other assistance provided to me by the Institution in this activity, I release the Institution (hereinafter including its governing board, employees, and agents) from any and all liability, claims and actions that may arise from injury or harm to me, from my death, or damage to my property in connection with this activity. I understand that this Release covers liability claims and actions caused entirely or in part by any acts or failures to act of the Institution, including but not limited to negligence, mistake, or failure to supervise by the Institution.

I understand that Institution does not have medical personnel available at the location of the activity. I therefore grant Institution permission to authorize emergency medical treatment, if deemed necessary by the Institution. I agree that Institution assumes no responsibility or liability for any injury or damage which might arise out of or in connection with such authorized medical emergency treatment. I further state that I have adequate health insurance necessary to provide for and pay for any medical costs that I may incur during or arising from my participation in this activity.

I recognize that this Release means I am giving up, among other things, rights to sue the Institution for injuries, damages, or losses I may incur. I also understand that this Release binds my heirs, executors, administrators, as well as myself.

I have read this entire Release; I fully understand it; and I agree to be legally bound by it.

This is a Release of Your Rights. Read Carefully Before Signing.

(Releasor's Signature)

(Parent or Guardian if Releasor is Under 18 Years of Age)

(Date)