

Instructor: Nathan Carlen

Email: carlennw@lamission.edu

Phone: (818) 364-7600 Ex. 4436

Office Hours: MW 1135-1205 or by appointment

Website: <http://www.lamission.edu/~carlennw>

Fitness Center Website: <http://www.lamission.edu/fitness/>

Course Description:

Introduces students to the fundamental aspects of karate including basic kicking, punching, blocking, and grappling techniques. Through active participation, students will improve in the basic five components of fitness: cardio-respiratory endurance, muscular strength, muscular endurance, flexibility, and body composition.

Student Learning Objectives:

Students will:

1. Demonstrate Karate movements and develop course specific terminology.
2. Execute basic martial arts fundamentals and techniques at an advanced/beginner level or better
3. Demonstrate improved fitness levels by regular participation in the martial arts activities

Course Objectives:

1. Understand and develop strong training and safety habits in the martial arts
2. Develop an understanding of the Five Components of Fitness in relation to the martial arts
 - a. Cardio-respiratory Endurance
 - b. Muscular Strength
 - c. Muscular Endurance
 - d. Flexibility
 - e. Body Composition
3. Gain a basic knowledge of the history of Karate
4. Gain and understanding of the core principles and ethics of Karate

Instruction will consist of:

Lecture in relation to principles, techniques and history/origin of various forms of martial arts.

Demonstration, participation and training in martial arts techniques and activities.

Appropriate physical fitness tests will be administered to reflect pre- and post-course fitness and knowledge levels.

Through active participation students will improve in the five components of fitness: Cardiovascular Endurance, Muscular Strength, Muscular Endurance, Flexibility and Body Composition.

STUDENTS MUST HAVE ACCESS TO CANVAS

GRADING PROCESS

PARTICIPATION (260 POINTS): In order to accomplish the objectives of this course, full participation in the class sessions and activities is essential. Participation will therefore be graded. For the participation grade, students are expected to:

Attend and either sign in or answer at roll call for all class sessions.

Be on time for class and not leave early.

Dress appropriately for scheduled activities.

Engage in activities fully with effort.

Avoid distracting or disrupting the class (no cell phones, pagers, etc.).

Contribute to a positive climate by demonstrating good sportsmanship, including using respectful and proper communication skills (avoid interrupting others, using profanity, criticizing others, dominating conversations, etc.).

Each full day of participation will earn students 10 points towards their final grade.

Students who are more than 10 minutes late to class will receive 7 points towards their final grade.

Students who leave class early will receive 7 points towards their final grade.

PRE- AND POST-COURSE FITNESS EXAM (20 POINTS FOR EACH: TOTAL OF 40 POINTS): Students will complete pre-and post course fitness exams to determine levels of physical fitness at the beginning and end of the course.

There are no make-ups for either fitness exam.

WRITTEN EXAM (30 POINTS): The written exam is based off lecture material presented in class and handouts provided by the instructor. Exam questions will be presented in a multiple choice and fill-in format. Students who fail to participate in class on this day will earn an "F" for the exam and zero points towards their final grade from the written exam. *No Exceptions and no make-ups will be allowed for the written exam.*

PROGRESS REPORTS (15 POINTS FOR EACH PR): Students will take part in 4 feedback quizzes in which they will be evaluated on material being presented in class. Students must download and print PR forms for each PR from Canvas and bring it to class on the appointed day. *There are no make-up opportunities for missed Progress Reports.*

FINAL EXAM – SKILLS TEST (100 POINTS): The skills test is based on the student's understanding and performance of the basic mechanics of the skills presented in class. The skills test will be administered in small groups on the day of the final exam. Each skill will be scored using a three-level rubric (emerging skill, adequate understanding, movement mastery). *Students who fail to participate in class on final exam day will earn an "F" for the exam. Students may not take the exam early or on alternate days and may not make up the final exam. No Exceptions.*

GRADING POLICY: Grades will be assigned based on a possible 490 points.

90 – 100 % = A 80 – 89% = B 70 – 79% = C 60 – 69% = D

0 – 59% = F

IMPORTANT DATES

- Pre-Course Fitness Exam – TBA**
- Progress Report #1 – 2/28/2018**
- Progress Report #2 – 3/28/2018**
- Progress Report #3 – 4/18/2018**
- Written Exam – 4/25/2018**
- Progress Report #4 – 5/16/2018**
- Post-Course Fitness Exam – TBA**
- Final Exam – Monday, June 4, at 1230**

ALL PROGRESS REPORTS AND EXAMS WILL BE CONDUCTED DURING THE REGULAR CLASS PERIOD WITH THE EXCEPTION OF THE FINAL EXAM

President's Day	Feb. 16 & 19, 2018
Last day to add a class online with Permission Number (formerly "Add Permit") [†]	February 19, 2018
Last day to submit Audit Cards to Admissions and Records	February 19, 2018
Last day to drop or change classes online without incurring fees	February 19, 2018
Last day to claim a refund of Enrollment Fees	February 19, 2018
Last day to drop classes online without a grade of "W"	February 19, 2018
Non-instructional day (No classes)	March 29, 2018
Cesar Chavez Day, campus closed	March 30, 2018
Spring Break	Mar. 31 - Apr. 6, 2018
Last day to drop classes online with a grade of "W"	May 6, 2018
Last day of Instruction	May 27, 2018
Memorial Day	May 28, 2018
Final Examinations	May 29 - June 4, 2018

As a student of LA Mission College, it is YOUR RESPONSIBILITY to submit all appropriate paperwork to add, drop, withdraw, register credit/no credit or take care of any other administrative duties in regards to class enrollment in a timely manner. However, students will be dropped for non-attendance after the first class meeting and for excessive absences up until census date, Tuesday, February 20, 2018. Beyond census date, the instructor reserves the right to drop any student with 3 consecutive absences, unless the student has contacted the instructor.

While the professor MAY drop a student after failing to attend three classes in a row without communication, if the student stops attending it is THEIR RESPONSIBILITY to drop the class. Failure to do so may result in a letter grade of "F" for the class.

The No Penalty Drop Date is February 19, 2018. If you are going to drop the course you must drop by that date or you will be assigned a 'W' for the class. W's count against your total attempts!

You can only attempt a class 3 times. That includes withdrawals, incompletes and substandard grades. Use your attempts wisely!

CLASS POLICIES

Classroom Behavior

Disobedient, disruptive or disorderly behavior exhibited by any student may result in disciplinary action in accordance with District policies and procedures. Action may include, but is not limited to expulsion from class.

Attendance

Student participation in class is considered towards the final grade. Each student is allowed *1 non-participation day without penalty* for the semester. All other days of non-participation will be considered unexcused and will result in a grade reduction (*see Participation Grade*).

Non-participation for long-term injury or illness

Students who become injured or seriously ill and are physically unable to participate in class activity for an extended period of time are required to provide the instructor with medical documentation from a physician immediately after a diagnosis has been made. Based on the timing of the student's recovery, the instructor will determine if the student is able to fulfill the requirements of the course during the remainder of the semester or if other options need to be explored. Students are fully responsible for all work missed because of absence, including handouts, videos, and presentations. If material in class is missed, it is the student's responsibility to obtain missed material and information. It is recommended that students who cannot fully participate in the course drop before the established deadline.

Tardiness

Students are expected to arrive on time and to attend each meeting of the class. Students are expected to contact the instructor if there is a problem with arriving to class on time. It is disruptive to your classmates and the instructor when you arrive late to class and you will often miss important announcements. Tardiness to class will result in a grade reduction (*see Participation Grade*).

Leaving Early: Leaving early is only accepted and excused when pre-arranged with the instructor. Pre-arranged means the student notifies the instructor before class begins. Failure to do so will result in a deduction of participation points for the day (*see Participation Grade*).

Attire

While a martial arts uniform is recommended, it is not required. Students should dress in light, comfortable clothing that does not restrict movement. While going barefoot is preferred, students may wear appropriate gym shoes if they wish. *No dress clothes, dress shoes, boots, sandals, jeans or denim will be permitted. No hats or sunglasses are permitted during class.* Students will not be permitted to participate if improper footwear or attire is worn. Improper dress will result in a non-participation mark.

Food & Water

Students are encouraged to bring water with them to maintain hydration. No sodas, food or breakable containers are permitted in the fitness center/gymnasium/studio. NO GUM.

Contact

Physical hands on adjustments in karate techniques are practiced intermittently to help guide a student safely into a pose or through a technique. It is a teaching method used to enhance the participant's karate practice. Safe physical contact during the practice of martial arts techniques during the course of training will occur. Students who do not maintain a respectful attitude in this will be disciplined which may include dismissal from the course.

Electronic Devices

The use of any electronic device is prohibited during class time. This includes cameras, cellular devices, recording devices or any other device. All pagers, cell phones, watches, etc. should be silenced, remain off and put away during class.

Visitors: No visitors or spectators are permitted in the training area. This includes friends, family, spouses, children etc.

Disruptions

The instructor reserves the right to ask students to leave class for any disruption or inappropriate behavior, including but not limited to, excessive interruptions, voluntary lack of participation, horseplay and talking during lecture or class activity. *No texting, cameras, video cameras, recording devices or personal phone calls are allowed during class.*

Additional Information

Campus Sheriff Department: (818) 364-7843

LAMC Bookstore: For hours of operation, book availability, buybacks, and other information call 818-364-7798 or 364-7768 or visit:

<http://www.lamissionbookstore.com/>

Counseling Department: For appointments and information call 818-364-7655 or visit <http://www.lamission.edu/counseling/>

Disabled Students Programs and Services: For appointments and information call 818-364-7732 or visit <http://www.lamission.edu/dsps/>

Students with disabilities who need any assistance or accommodations should contact the instructor

Extended Opportunity Programs and Services: For appointments and information call 818-364-7645 or visit <http://www.lamission.edu/eops/>

Financial Aid: For information and applications call 818-364-7648 or visit <http://www.lamission.edu/financialaid/>

Library: For information on library hours, resources, workshops, and other services contact 818-364-7105 or 364-7106 or

<http://www.lamission.edu/library/>

Tutoring Services in Learning Center: Laboratories for Learning, Writing, Math & Science. Walk-in and appointment services offered. Call 818-364-7754 or visit www.lamission.edu/learningcenter

General Rubric for Assessment

	0 Does Not Meet Standards of Competency	1 Approaching Standards of Competency	2 Meets Standards of Competency
Participation/ Effort	Often unprepared and/or off task. Struggles to demonstrate on task behavior. Participates only upon demand. Displays little to no effort.	Usually prepared and on task. Usually demonstrates on task behavior. Participates only under observation and verbal encouragement.	Prepared and on task the majority of the time. Consistently demonstrates on task behavior. Participates the regularly, taking an active role in class activities.
Knowledge and Execution of Techniques	Demonstrates little to no knowledge and familiarity of techniques. Hesitates and/or watches others and makes multiple errors during execution.	Demonstrates good knowledge of technique. Few errors during execution.	Demonstrates excellent knowledge technique. Practitioner has demonstrated mastery of techniques and combinations with little to no prompting. Little to no errors in performance.
Demeanor/ Attitude	Lacks effort. Engages with the instructor and/or other learners sporadically or only when called upon. Generally inconsistent or negative attitude.	Student attempts to perform with best effort and shows a positive attitude.	Student displays excellent effort throughout the duration of all activities. Student shows positive attitude during activity and encourages other learners to participate
Overall Performance	Overall performance needs improvement.	Overall performance is good.	Overall performance is excellent.

Code of Honor and Integrity

Students at Los Angeles Mission College, because they are members of an academic community dedicated to the achievement of excellence and the pursuit of honor, are expected to meet high standards of personal, ethical, and moral conduct. These standards require personal integrity and a commitment to honesty without compromise. Without the ability to trust in these principles, an academic community and a civil society cannot exist. Los Angeles Mission College students and faculty are as committed to the development of students with honesty and integrity as they are to the academic and professional success of its students.

The **Code of Honor and Integrity** is an undertaking of the students, first and foremost, both individually and collectively, that they will:

1. Not give or receive dishonorable aid during exams, quizzes or assignments
2. Do their share and take an active part in seeing to it that fellow students, as well as themselves, uphold the spirit and letter of the Code of Honor and Integrity.

Some examples of conduct that are regarded as being in violation of the Honor Code include:

- Copying from another's examination or quiz, or allowing another to copy from one's own papers
- Using any unpermitted source of information, human or other, during an exam, quiz or assignment that influences the grade; this includes the use of technological devices
- Any student-to-student collaboration that is unpermitted
- [Plagiarism](#) (plagiarism is defined as the use, without giving reasonable and appropriate credit to, or acknowledging the author or source, of another person's original work)
- Representing as one's own work as the work of another
- Giving or receiving aid on an academic assignment under circumstances in which a reasonable person should have known that such aid is not permitted

As a part of the effort to promote an environment of honesty and integrity during quizzes and examinations, the following guidelines will apply for any courses in the Health/KIN department:

1. Students will leave all books and all other non-essential items (e.g. paper, electronic devices) on the floor so that they are not useable nor block the sight line between professor and student. No electronic devices will be in reach.
2. Students will not communicate in any way that will dishonorably assist themselves or another student.
3. Students will leave the room during an exam only if permitted by the professor's policy. If permitted, only one student may leave the room at any time and be gone for only the average length of time needed for the stated purpose. Students will leave all purses, bags, books, phones, jackets, etc., in the classroom during the absence.

Section #14396/14404 – MW 1215-1340 – HFAC 206

4. Students will promote the spirit and letter of the **Code of Honesty and Integrity** by dissuading fellow students from dishonest activity and, when such casual persuasion does not work, informing the professor of the possible dishonest activity, either anonymously, or otherwise.
5. Students will make every effort to avoid even the appearance of dishonesty or lack of integrity

Violation of this policy will not be tolerated and violators will be subject to severe penalties. The success of the **Code of Honor and Integrity** is based upon the collective desire of students, faculty and the community to live in an environment that embraces respect for that which is right – both in the college and in society as a whole.

Religious Holidays

There are a variety of so-called “religious holidays” occurring during the semester. While these are neither Federal- or State-sanctioned holidays, they ARE days of religious observance that may impact some students in the class. If you plan to miss a class period, an assignment due date or an exam because you will be practicing your religion on a particular day, you need to notify your instructor two weeks prior. Official notification will take the form of a note, written and signed by the student, which specifies the anticipated date (-s) of absence. A student who provides this information by the deadline will be able to reschedule missed exams or work, and their class assignment will not adversely affect their participation record. Failure to provide proper notification two weeks prior, will negate the student’s option to reschedule or receive credit for missed activities.

Title IX Statement

Title IX of the Education Amendments Act of 1972 is a federal law that states: "No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any **education** program or activity receiving Federal financial assistance."

Example:

"If you anticipate possible extended absences such as for health or family reasons, please let me know in advance and we can discuss possible consequences and options for handling that." This would in an when student misses class because of pregnancy and delivery. Office of Civil Right Acts considers such adverse consequences related to pregnancy a violation of Title IX.

Student Acceptance of Syllabus

Students must complete this form prior to participation in class.

This form is due by February 7, 2018

I, _____, state that I have read and understand the course syllabus for Kinesiology 316 and agree to adhere to policies stated within it. I understand that failure to do so may result in deduction of points from my final grade, exclusion from class or other consequences as determined by the instructor.

Student Name: _____

Student Signature: _____

Student ID #: _____

Date: _____