

**JAMESTOWN COMMUNITY COLLEGE**  
**State University of New York**

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**INSTITUTIONAL COURSE SYLLABUS**

**Course Title:** Beginning Karate

**Course Abbreviation and Number:** PHE 1630

**Credit Hour:** 1

**Course Type:** Lecture/Lab

**Course Description:** Students will demonstrate the basic skills and techniques of preliminary exercises, sparring exercises, punches, blocks, and stances. Students will also learn karate history, methods, theories, and promotion systems.

No requisites.

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**Student Learning Outcomes:**

Students who demonstrate understanding can:

1. Execute basic blocking, striking, and kicking techniques.
2. Apply basic skills and knowledge of freestyle sparring.
3. Demonstrate increased stamina by performing a regimented physical condition program.

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**Topics Covered:**

- History of Karate
- Hand Attacks
- Elbow strikes
- Kicks
- Fighting stances
- Blocking
- Counter attacks
- Self-defense drills

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**Information for Students**

- Expectations of Students
  - [Civility Statement](#)
  - [Student Responsibility Statement](#)
  - [Academic Integrity Statement](#)
- [Accessibility Services](#)  
Students who require accommodations to complete the requirements and expectations of this course because of a disability must make their accommodation requests to the Accessibility Services Coordinator.
- [Get Help: JCC & Community Resources](#)
- [Emergency Closing Procedures](#)
- Course grade is determined by the instructor based on a combination of factors, including but not limited to, homework, quizzes, exams, projects, and participation. Final course grade can be translated into a grade point value according to the following:

A=4.0	B+=3.5	B=3	C+=2.5	C=2	D+=1.5	D=1	F=0
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- Veterans and active duty military personnel with special circumstances (e.g., upcoming deployments, drill requirements, VA appointments) are welcome and encouraged to communicate these to the instructor.

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**Effective Date:** Fall 2022