



## Spring 2019

**Meeting days:** Tuesdays/Thursdays

**Meeting times:** 5:00 PM- 6:40 PM

**Meeting location:** PLNU Track and Field

**Additional info:** Golden Gym (Rainy Days)

**Final Exam:** April 26<sup>th</sup>, 2018 – 5:00 PM

**Instructor title and name:** Professor Jonathan Hussey

**Phone:** (808) 781-7074

**E-mail:** [jhussey@pointloma.edu](mailto:jhussey@pointloma.edu)

**Office location and hours:** Appointment Only

**Additional info:** Alternate Email: [Jonathan.R.Hussey@gmail.com](mailto:Jonathan.R.Hussey@gmail.com)

### PLNU Mission

#### To Teach ~ To Shape ~ To Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service becomes an expression of faith. Being of Wesleyan heritage, we aspire to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

### COURSE DESCRIPTION

A introductory course in martial arts for the general student. The course will be based on a mixed martial arts platform, consisting of 90% “Hard Style” (Karate/Tae Kwon Do) and 10% “Soft Style” (Jujitsu/Aikido). Tournaments and Self Defense will be covered as well. An average schedule for the one and two-thirds hour class would be the following (chronological):

30min	Warm-Up (Cardio, Flexibility, and Strength Training).
30min	Basics (Stances, Blocks, Punches, Kicks - Aerobic/Anaerobic Training).
20min	Forms (Choreographed Defense Routines – Balance and Agility Training).
20min	Static Sparring, Dynamic Sparring (Non-contact), or Self Defense.

### COURSE LEARNING OUTCOMES

- You will demonstrate martial arts etiquette.
- You will demonstrate proper stances, which include: horse, front, back, and fighting stances.
- You will demonstrate blocking and punching including low, high, inside, outside, and knife-hand block.
- You will demonstrate kicking techniques including front, round and side kick.
- You will demonstrate beginning katas.
- You will demonstrate self-defense techniques including, front neck grab and wrist grab (and avoidance).

- You will demonstrate one-step punching techniques, including inside knife-hand, outside knife-hand and wrist grab.
- You will demonstrate basic front and back falls.
- You will demonstrate improvements in level of general fitness, including flexibility, cardio-respiratory endurance, muscular strength, coordination and balance.
- You will discuss basic traditions and philosophies of martial arts.
- You will describe the forces (linear and angular) applied in the martial arts

## COURSE CREDIT HOUR INFORMATION

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a one unit class delivered over an eight week period. Specific details about how the class meets the credit hour requirement can be **provided** upon request.

## COURSE SCHEDULE AND ASSIGNMENTS

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CLASS DATE (Week of)	CLASS CONTENT
2-26-18	Introduction to Martial Arts and Basic Stances
3-5-18	<b>Spring Break (No Class – March 6 &amp; 8)</b>
3-12-18	Introduction to Blocks and Countering
3-19-18	Chung Do Kwan Taekwondo Striking and Kicking
3-26-18	Chung Do Kwan Taekwondo Five Step and Six Step Forms <b>Easter Break (No Class – March 29)</b>
4-2-18	Chung Do Kwan Taekwondo White Belt and Orange Belt Kata
4-9-18	Shadow Sparring and Self Defense
4-16-18	Taekwondo Olympic Sparring and Scoring
4-23-18	Physical Final Preparation & Physical Final

DATE PRESENTED	CLASS ASSIGNMENT	ASSIGNMENT DUE DATE
2-29-18	Physical Final Exam Forms and Self Defense	4-26-18
4-19-18	Written Final Exam	4-26-18

## REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

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### Required Materials:

1. Blamey, Tom; Martial Arts I: Introductory Training Manual – Applied Biomechanics; Third Edition; XanEdu Publishing, 2009.

## ASSESSMENT AND GRADING

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In Class Participation: <b>60%</b> of your grade.	<b>A</b> 92.5% or Above	<b>C</b> 72.5% to 77.4%
Final Written Exam: <b>20%</b> of your grade.	<b>A-</b> 90% to 92.4%	<b>C-</b> 70% to 72.4%
Final Physical Exam: <b>20%</b> of your grade	<b>B+</b> 87.5% to 89.9%	<b>D+</b> 67.5% to 69.9%
	<b>B</b> 82.5% to 87.4%	<b>D</b> 62.5% to 67.4%
	<b>B-</b> 80% to 82.4%	<b>D-</b> 60% to 62.4%
	<b>C+</b> 77.5% to 79.9%	<b>F</b> 59.9% or below

## ATTENDANCE AND PARTICIPATION

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Regular and punctual attendance at all classes is considered essential to optimum academic achievement. If the student is absent from more than 10 percent of class meetings, the faculty member has the option of filing a written report which may result in de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice. If the date of de-enrollment is past the last date to withdraw from a class, the student will be assigned a grade of W or WF consistent with university policy in the grading section of the catalog. See [Academic Policies](#) in the (undergrad/graduate as appropriate) academic catalog.

## INCOMPLETES AND LATE ASSIGNMENTS

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All assignments are to be submitted/turned in by the beginning of the class session when they are due—including assignments posted in Eclass.

## ACADEMIC HONESTY

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Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. As explained in the university catalog, academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. Violations of university academic honesty include cheating, plagiarism, falsification, aiding the academic dishonesty of others, or malicious misuse of university resources. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for a) that particular assignment or examination, and/or b) the course following the procedure in the university catalog. Students may appeal also using the procedure in the university catalog. See [Academic Policies](#) for further information.

## ACADEMIC ACCOMMODATIONS

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While all students are expected to meet the minimum academic standards for completion of this course as established by the instructor, students with disabilities may request academic accommodations. At Point Loma Nazarene University, students must request that academic accommodations by filing documentation with the [Disability Resource Center](#) (DRC), located in the Bond Academic Center. Once the student files documentation, the Disability Resource Center will contact the student's instructors and provide written recommendations for reasonable and appropriate accommodations to meet the individual needs of the student. See [Academic Policies](#) in the (undergrad/graduate as appropriate) academic catalog.

## FERPA POLICY

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In compliance with federal law, neither PLNU student ID nor social security number should be used in publicly posted grades or returned sets of assignments without student written permission. This class will meet the federal requirements by (Note: each faculty member should choose one strategy to use: distributing all grades and papers individually; requesting and filing written student permission; or

assigning each student a unique class ID number not identifiable on the alphabetic roster.). Also in compliance with FERPA, you will be the only person given information about your progress in this class unless you have designated others to receive it in the “Information Release” section of the student portal. See [Policy Statements](#) in the (undergrad/ graduate as appropriate) academic catalog.

#### **FINAL EXAMINATION POLICY**

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Successful completion of this class requires taking the final examination **on its scheduled day**. The final examination schedule is posted on the [Class Schedules](#) site. No requests for early examinations or alternative days will be approved.

#### **COPYRIGHT POLICY**

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Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

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