

 <b>POINT LOMA</b> NAZARENE UNIVERSITY	<b>Kinesiology/Point Loma Nazarene University</b>  <b>PED 1010 Section 1: Martial Arts and Self Defense</b>  <b>1.5 Credit Hours</b>
	<b>Fall 2020</b>

<b>Meeting days:</b> Mondays/Wednesday	<b>Instructor title and name:</b> Professor Jonathan Hussey
<b>Meeting times:</b> 5:00 PM- 6:40 PM	<b>Phone:</b> (808) 781-7074
<b>Meeting location:</b> Online	<b>E-mail:</b> <a href="mailto:Jhussey@pointloma.edu">Jhussey@pointloma.edu</a>
<b>Final Exam:</b> September 30 <sup>th</sup> , 2020 – 5:00 PM	<b>Office location and hours:</b> Appointment Only
<b>Additional info:</b> ---	<b>Additional info:</b> Email: <a href="mailto:Jonathan.R.Hussey@gmail.com">Jonathan.R.Hussey@gmail.com</a>

### 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 is an expression of faith. Being of Wesleyan heritage, we strive to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

### COURSE DESCRIPTION

An 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 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).

### **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 1.5 unit class delivered over seven weeks. Specific details about how the class meets the credit hour requirement can be provided upon request.

### **COURSE SCHEDULE AND ASSIGNMENTS**

<b>CLASS DATE (Week of)</b>	<b>CLASS CONTENT</b>
8-17-20	Introduction to Martial Arts and Basic Stances
8-24-20	Introduction to Blocks and Countering
8-31-20	Chung Do Kwan Taekwondo Striking and Kicking
9-7-20	Chung Do Kwan Taekwondo Five Step and Six Step Forms
9-14-20	Chung Do Kwan Taekwondo White Belt Kata
9-21-20	Chung Do Kwan Taekwondo Orange Belt Kata
9-28-20	Physical Final Preparation & Written Final

<b>DATE PRESENTED</b>	<b>CLASS ASSIGNMENT</b>	<b>ASSIGNMENT DUE DATE</b>
8-17-20	Weekly Physical Activity Logs	Weekly <b>(Every Monday)</b>
8-17-20	Physical Final Exam Forms	9-30-20
9-23-20	Written Final Exam	9-30-20

### **REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES**

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

### **ASSESSMENT AND GRADING**

Activity Logs/ 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

Student grades will be posted in the Canvas grade book no later than midnight on Tuesday of each week beginning in Week Two of this course. It is important to read the comments posted in the grade book as these comments are intended to help students improve their work. Final grades will be posted within one week of the end of the class. Grades will be based on the following:

### **STATE AUTHORIZATION**

State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma Nazarene University is not authorized to enroll online (distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course, continuation within the program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student's responsibility to notify the institution of any change in his or her physical location. Refer to the map on [State Authorization](#) to view which states allow online (distance education) outside of California.

### **INCOMPLETES AND LATE ASSIGNMENTS**

All assignments are to be submitted/turned in by the beginning of the class session when they are due—including assignments posted in Canvas. Incompletes will only be assigned in extremely unusual circumstances.

### **PLNU COPYRIGHT POLICY**

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.

### **PLNU ACADEMIC HONESTY POLICY**

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. 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. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the university Catalog. See [Academic Policies](#) for definitions of kinds of academic dishonesty and for further policy information.

## **PLNU ACADEMIC ACCOMMODATIONS POLICY**

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While all students are expected to meet the minimum standards for completion of this course as established by the instructor, students with disabilities may require academic adjustments, modifications or auxiliary aids/services. At Point Loma Nazarene University (PLNU), these students are requested to register with the Disability Resource Center (DRC), located in the Bond Academic Center. ([DRC@pointloma.edu](mailto:DRC@pointloma.edu) or 619-849-2486). The DRC's policies and procedures for assisting such students in the development of an appropriate academic adjustment plan (AP) allows PLNU to comply with Section 504 of the Rehabilitation Act and the Americans with Disabilities Act. Section 504 (a) prohibits discrimination against students with special needs and guarantees all qualified students equal access to and benefits of PLNU programs and activities. After the student files the required documentation, the DRC, in conjunction with the student, will develop an AP to meet that student's specific learning needs. The DRC will thereafter email the student's AP to all faculty who teach courses in which the student is enrolled each semester. The AP must be implemented in all such courses.

If students do not wish to avail themselves of some or all of the elements of their AP in a particular course, it is the responsibility of those students to notify their professor in that course. PLNU highly recommends that DRC students speak with their professors during the first two weeks of each semester about the applicability of their AP in that particular course and/or if they do not desire to take advantage of some or all of the elements of their AP in that course.

## **PLNU ATTENDANCE AND PARTICIPATION POLICY**

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### **Face-to-Face Format**

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 can file a written report which may result in de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation. See Academic Policies in the Undergraduate Academic Catalog.

### **Hybrid Format**

At Point Loma Nazarene University, attendance is required at all scheduled classes. Adult Degree Completion courses are taught in the hybrid format, which means some class meetings will be face-to-face and some will be online.

Attendance in the face-to-face classes is to be for the entire time of the class. Arriving late or leaving early will be considered a partial absence. A day of attendance in an online class is determined as contributing a substantive note, assignment, discussion, or submission that adds value to the course as determined by the instructor. Three days of attendance are required each week. (It may be any three days during the week.)

### **Face-to-face Portion of the Hybrid course**

In blended or hybrid courses, if a student misses one face-to-face class then the faculty member will send an email to the student and the Director of Student Success warning of attendance jeopardy. There are no exceptions to this policy.

If a student misses two face-to-face classes, the faculty member or Vice Provost for Academic Administration (VPAA) will initiate the student's de-enrollment from the course without further advanced notice to the student. If the date of de-enrollment is past the last date to withdraw from a class, the student will be assigned a grade of "F" and there will be no refund of tuition for that course.

### **Online Portion of the Hybrid Course**

If a student misses two online classes (fails to contribute to a discussion board) during the course, then the faculty member will send an email to the student and the Director of Student Success warning of attendance jeopardy. There are no exceptions to this policy.

If a student misses three online classes (fails to contribute to a discussion board by the due date) during the course, then the faculty member or Vice Provost for Academic Administration (VPAA) will initiate the student's de-enrollment from the course without further advanced notice to the student. If the date of de-enrollment is past the last date to withdraw from a class, the student will be assigned a grade of "F" and there will be no refund of tuition for that course.

1 missed F2F class = warning

2 missed F2F classes = de-enrollment

2 missed online classes = warning

3 missed online classes = de-enrollment

### **Online Format**

Students taking online courses are expected to attend each week of the course. Attendance is defined as participating in an academic activity within the online classroom which includes posting in a graded activity in the course. (Note: Logging into the course does not qualify as participation and will not be counted as meeting the attendance requirement.)

Students who do not attend at least once in any 3 consecutive days will be issued an attendance warning. Students who do not attend at least once in any 7 consecutive days will be dropped from the course retroactive to the last date of recorded attendance.

### **SPIRITUAL CARE**

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Please be aware PLNU strives to be a place where you grow as whole persons. To this end, we provide resources for our students to encounter God and grow in their Christian faith. If students have questions, a desire to meet with the chaplain or have prayer requests you can contact the [Office of Spiritual Development](#)

### **SPIRITUAL CARE**

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In order to be successful in the online environment, you'll need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements](#) information.

Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.