



KINE 139D - Kickboxing with Jeet Kune Do Concepts- Level 1 Teaching Assistant Course Outline

Approval Date: 02/13/2020

Effective Date: 08/14/2020

SECTION A

Unique ID Number CCC000616678

Discipline(s) Martial Arts/Self-Defense

Division Kinesiology & Athletics

Subject Area KINESIOLOGY

Subject Code KINE

Course Number 139D

Course Title Kickboxing with Jeet Kune Do Concepts- Level 1 Teaching Assistant

TOP Code/SAM Code 1270.00 - Kinesiology / E - Non-Occupational

Rationale for adding this course to the curriculum Changing subject code to KINE. Changing hours and units, no longer variable. Update title to align with KINE 139.

Units 1.5

Cross List N/A

Typical Course Weeks 18

Total Instructional Hours

Contact Hours

Lecture 0.00

Lab 0.00

Activity 54.00

Work Experience 0.00

Outside of Class Hours 27.00

Total Contact Hours 54

Total Student Hours 81

Open Entry/Open Exit No

Maximum Enrollment 20

Grading Option Letter Grade or P/NP

Distance Education Mode of Instruction On-Campus

SECTION B

General Education Information:

SECTION C

Course Description

Repeatability May be repeated 0 times

Catalog Description Teaching Assistant for Level I Jeet Kune Do kickboxing course.

Schedule Description

SECTION D

Condition on Enrollment

1a. Prerequisite(s): *None*

1b. Corequisite(s): *None*

1c. Recommended

- KINE 139 with a minimum grade of B or better or
- Approval by the instructor.

1d. Limitation on Enrollment: *None*

SECTION E

Course Outline Information

1. Student Learning Outcomes:

- A. Students will understand basic principles of anatomy, physiology, and/or bio-mechanics and apply the knowledge to movement activity.
- B. Students will acquire knowledge and demonstrate skills to safely engage in physical activity.
- C. Students will demonstrate and value knowledge of psychological and sociological concepts, principles, and strategies that apply to physical activity and sport.

2. Course Objectives: Upon completion of this course, the student will be able to:

- A. Demonstrate entry level technique for beginning students.
- B. Assist instructor when he/she needs a partner for demonstration.
- C. Assist instructor with student questions.
- D.

3. Course Content

I. Demonstrate warm-up drills.

(varied conditioning drills)

II. Assist instructor with demonstration of partner drills.

Included, but not limited to: boxing, introduction to trapping, introduction to Bruce Lee's strategy or methods of attack, and overview of various other martial arts forms (Jujitsu, Wing Chun, Escrima, etc.) as they inform JKD practice.

III. Demonstrate specific techniques.

Included, but not limited to: boxing, introduction to trapping, introduction to Bruce Lee's strategy or methods of attack, and overview of various other martial arts forms (Jujitsu, Wing Chun, Escrima, etc.) as they inform JKD practice.

IV. Observe beginning students and help answer questions.

Observe techniques, answer questions about technique and/or martial art strategy or philosophy.

4. Methods of Instruction:

Activity: martial art & kickboxing techniques, warm-up and conditioning.

Critique: Evaluation by instructor and evaluation of instructor.

Discussion: Pedagogy discussions with T.A.

5. Methods of Evaluation: Describe the general types of evaluations for this course and provide at least two, specific examples.

Typical classroom assessment techniques

Papers -- Observation of pedagogy.

Oral Presentation -- Create/present a martial art concept or technique.

Simulation -- demonstration of technique.

Final Class Performance -- Analysis, critique and discussion with instructor on pedagogy.

Letter Grade or P/NP

6. Assignments: State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

A. Reading Assignments

Chapter 6 "Skill in Movement" about distance and footwork.

Chapter 17 "Attributes and Tactics" about Bruce Lee's concept of attribute training.

B. Writing Assignments

Describe the proper stance for kickboxing.

Describe the concept of distance/range for various punching and kicking techniques.

C. Other Assignments

D.

7. Required Materials

A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.

Book #1:

Author: Litte, J.

Title: Bruce Lee: The Celebrated Life of the Golden Dragon

Publisher: Tuttle Publishing

Date of Publication: 2016

Edition: reprint

B. Other required materials/supplies.