

Aerobic Running

KINE-1118

Fall 2020 Section N05 CRN-20641 1 Credits 10/19/2020 to 12/10/2020 Modified 08/13/2020

Meeting Times

Contact Information

Description

A beginning level course designed to build self-defense techniques, tactics, and awareness. Students will learn the importance of maintaining fitness levels, recognizing, assessing, and responding to potentially dangerous situations.

Core Curriculum Statement

This course is not a core curriculum course.

Outcomes

1. Demonstrate proper techniques, tactics, and awareness in self-defense.
2. Identify the key components of a self-defense program.
3. Design an individualized and personalized self-defense program to maintain or improve overall fitness.
4. Measure the efficiency of self-defense techniques through select criteria in self-defense.
5. Explain proper tactics in dangerous situations.

Materials

"Handouts relating to self-defense Brenham: ""Defensive Living,"" Bo Hardy"

An official The Martial Arts Center WTF Taekwondo uniform--available from The Martial Arts Center.

Personal water and towel.

Access to a computer with an Internet connection. www.TheMartialArtsCenter.com

Course Requirements

The course will include but is not limited to class lectures, readings from text and physical training.

It is the student's responsibility to check the calendar on eCampus to see when exams, chapter questions and discussions are due. This calendar is subject to change, so check the eCampus calendar often.

Evaluation

Criteria

Type	Weight	Topic	Notes
Attendance & Participation	40%		
Exam Average	25%		
Comprehensive Final Exam	25%		
Physical Exam	10%		Physically demonstrate what you have learned this semester

Breakdown

Letter Grades	%
A	90 or above
B	80-89.99
C	70-79.99
D	60-69.99
F	< 60

Blinn College Policies

All policies, guidelines, and procedures in the [Blinn College Catalog \(http://catalog.blinn.edu/\)](http://catalog.blinn.edu/), [Blinn College Board Policies \(http://pol.tasb.org/Home/Index/1204\)](http://pol.tasb.org/Home/Index/1204), and the [Blinn College Administrative Regulations \(https://www.blinn.edu/administrative-regulations/\)](https://www.blinn.edu/administrative-regulations/) are applicable to this course.

[Specific information on civility, attendance, add/drop, scholastic integrity, students with disabilities, final grade appeal, alternative retailers, campus carry and proctoring arrangements and cost. \(http://www.blinn.edu/syllabus-policies/\)](http://www.blinn.edu/syllabus-policies/)

Notice of any action taken under these protocol and procedures, by Blinn College or its employees, may be delivered by hand, through the U.S. Postal Service, or electronically to the student's Blinn Buc e-mail account. Notice shall be deemed received upon actual receipt, on deposit in the U.S. Mail, or upon entering the information processing system used by Blinn College for Blinn Buc e-mail accounts, whichever first occurs.

Information about the changes Blinn has made to the Fall semester: [Back with Blinn \(https://www.blinn.edu/back-with-blinn/index.html\)](https://www.blinn.edu/back-with-blinn/index.html).

* Course Policies

Please read: Fall 2020 General Course Policies. (<http://www.blinn.edu/back-with-blinn/course-policies.html>)

Administrative Withdrawal

Students wishing to appeal an administrative withdrawal should consult their instructor first. Students that feel the need to pursue the appeal process further need to do the following. To initiate an appeal, please follow the process detailed in steps 1 – 3. It is the student's responsibility to initiate each step of the appeals process. Students have three class days from the date of notification to initiate, by @buc.blinn.edu e-mail, to The Dean, Dr. Jimmy Adams jimmy.adams@blinn.edu and complete the process.

1. Prepare a letter of appeal. This letter must include your name, student identification number, course number, section number,

- and a description of any extenuating circumstances along with the necessary documentation for all absences.
- Schedule an appointment with Dr. Adams to discuss the administrative withdrawal. You must bring the letter of appeal to this meeting.
 - If the appeal is approved, you will be reinstated immediately. If denied, you will not be reinstated into the class.

Attendance & Participation

In this section make sure you describe to the student exactly what constitutes attendance and what constitutes participation.

Attendance:

Participation:

<i>Type of Course</i>	1st Email Notification (Notification is sent to your Blinn College email address)		2nd Email Notification Administrative Withdrawal		<i>Type of Course</i>	Administrative Withdrawal	
	<i>Number of Absences</i>	<i>Week Equivalency</i>	<i>Number of Absences</i>	<i>Week Equivalency</i>		<i>Number of Absences</i>	<i>Week Equivalency</i>
MWF classes	3 classes missed	1 week	6 classes missed	2 weeks			
MW or TR classes	2 classes missed	1 week	4 classes missed	2 weeks	Mini semester	2 classes missed	2 weeks
Night classes	1 classes missed	1 week	2 classes missed	2 weeks	Summer Session	3 classes missed	2 weeks
Blended classes	1 on-site class missed	1 week	2 classes missed	2 weeks	10 week Session	6 classes missed	2 weeks
On-line classes	Defined by instructor	1 week	Defined by instructor	2 weeks	Accelerated Session	3 classes missed	2 weeks

Missed Assignments

If you miss any of the assignments you will be given a grade of “0” for that assignment. I will NOT go back and reopen assignments. Final Grades are calculated immediately following the Final Exam. Assignments/Tests missed due to the official Blinn College excused absence policy are eligible for make-up. Verification of these absences is mandatory. Access to a computer with an internet connection is a requirement. There are computers on campus that are available for you to use. If you choose to use your computer at home, extensions will not be given due to computer problems. You must make sure you work out the “bugs” by contacting “Support” to ensure your computer is working properly.

No Excused Absences

The only Excused Absences are 1 of the 4 listed above in the "Attendance Policy" section. Examples of unexcused absences include, but not limited to: illness, doctor appointments, hospitalization, personal business, court appearance, vehicle breakdowns, or other unrelated business is not excused. Exams for another class, or other school related business is not excused.

Students: you must report an absence to your instructor, using your Blinn College email account (@buc.blinn.edu) within 24 hours

of the class period missed for consideration to be excused. Your instructor will require official documentation to determine whether the absence is excused or unexcused. Absences will not be excused at a later date if this procedure is not followed. Classes missed because you were Administratively Withdrawn from the class due to absences is not an excused absence.

Student E-Mail Account

Blinn College has a student e-mail account for every student. It is the student’s responsibility to check this e-mail account daily for important information. To find out how to access this e-mail account, go to <http://www.blinn.edu/acadtech/studentemail/>. This is where you will find step-by-step instructions on how to use your account.

Computer/eCampus Related Problems

If you experience eCampus problems you must submit a Help Desk Ticket. Save the correspondence that you have with the Distance Education Department. If the problem was Blinn’s fault (e.g. eCampus was down, etc.) then the assignment will be extended for you. You must notify us of this problem and present to us the correspondence that you had with the Distance Education Department before the semester ends. We will not be able to help you after the semester ends.

Computer Access

Computer access on the Bryan Campus is in The Library, The Learning Center (second floor of Library) and in the Open Computer Lab in the Health Building, room H-225B. Click [here](#) to see a map of the Bryan Campus.

Extra Credit

There is no extra credit awarded. There is no grade enhancement.

Food and Drinks

Instructors and students are not allowed to bring food and/or drinks in any Blinn College classroom/lab.

Exception: plastic or metal water bottles are allowed in all H&K activity classes.

Schedule

When	Topic	Notes												
		<u>CALENDAR WITH COURSE REQUIREMENTS</u>												
		<table border="1"> <thead> <tr> <th>Week</th> <th>Class Dates</th> <th>Day 1 (Monday or Tuesday)</th> <th>Day II(Wednesday or Thursday)</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>8/26-8/30</td> <td>Course Introduction</td> <td>Course Introduction</td> </tr> <tr> <td>2</td> <td>9/2-9/6</td> <td>Monday: NO CLASS Tuesday: Basic Stances/Blocks/Front Kick</td> <td>Basic Stances/Blocks/Front Kick</td> </tr> </tbody> </table>	Week	Class Dates	Day 1 (Monday or Tuesday)	Day II(Wednesday or Thursday)	1	8/26-8/30	Course Introduction	Course Introduction	2	9/2-9/6	Monday: NO CLASS Tuesday: Basic Stances/Blocks/Front Kick	Basic Stances/Blocks/Front Kick
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When	Topic	Notes
3	9/9-9/13	Basic Stances/Blocks/Roundhouse Kick
4	9/16-9/20	Basic Boxing Techniques
5	9/23-9/27	Exam 1
6	9/30-10/4	Side Kick
7	10/7-10/11	Intermediate Blocking & Striking Techniques
8	10/14-10/18	Skipping Roundhouse Kick
9	10/21-10/25	Skipping Side Kick
10	10/28-11/1	Exam 2
11	11/4-11/8	Basic Arnis: Stick
12	11/11-11/15	Wrist Locks/Arm Bars
13	11/18-11/22	Take downs/Chokes
14	11/25-11/29	Basic Ground fighting (Ground & Pound)
15	12/2-12/6	Exam 3
16	12/9	Physical Exam

Basic Stances/Blocks/Roundhouse Kick

Basic Boxing Techniques

Side Kick

Intermediate Blocking & Striking Techniques

Intermediate Punching Techniques

Skipping Roundhouse Kick

Skipping Side Kick

Basic Arnis: Stick/Rear Fall

Basic Arnis: Stick/Front Fall

Take downs/Chokes

Throws

HOLIDAY Thanksgiving Break!

Review

Final Exam T.B.A.

Finals begin on December 10th and complete on December 13th. Please refer to the final exam schedule on the Blinn website to determine your class final time.

Please be aware that this schedule is TENTATIVE and is subject to change at any point. Please check Blinn email and e-Campus for updates on change of venue or cancelled classes.