



**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,

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**