



## **KINE 141D - Kickboxing with Jeet Kune Do Concepts Level 2 Teaching Assistant Course Outline**

**Approval Date:** 04/11/2019

**Effective Date:** 08/16/2021

### **SECTION A**

**Unique ID Number** CCC000604620

**Discipline(s)** Martial Arts/Self-Defense

**Division** Kinesiology & Athletics

**Subject Area** KINESIOLOGY

**Subject Code** KINE

**Course Number** 141D

**Course Title** Kickboxing with Jeet Kune Do Concepts Level 2 Teaching Assistant

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

**Rationale for adding this course to the curriculum** Assistant for level 2 martial arts class to intended to (but not limited to) help instructor demonstrate proper technique. Most techniques are 2 person drills.

**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

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**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** Teaching Assistant for Level 2 JKD (Jeet Kune Do) martial arts course.

**Description** Completion of JKD level 2 course or equivalent strongly recommended.

**Schedule**

**Description**

## **SECTION D**

**Condition on Enrollment**

**1a. Prerequisite(s):** *None*

**1b. Corequisite(s):** *None*

**1c. Recommended**

- KINE 141 with a minimum grade of B or better or
- Approval of instructor.

**1d. Limitation on Enrollment:** *None*

## **SECTION E**

**Course Outline Information**

**1. Student Learning Outcomes:**

A. Students will acquire knowledge and demonstrate skills to safely assist the instructor.

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

A. Assist the instructor and demonstrate entry level technique for beginning students.

B. Assist instructor when he/she needs a partner for demonstration. Assist students with skill acquisition.

C. Assist instructor to help student problem solve and learn techniques.

D. Assist the instructor and demonstrate safe technique and practices.

E.

**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, trapping, grappling, 5 attack methods (ABD, HIA, PIA, SAA, ABC) and various martial arts forms such as Wing Chun, Jujitsu, Hapkido, etc.

III. Demonstrate specific techniques.

Included, but not limited to: boxing, trapping, grappling, 5 attack methods (ABD, HIA, PIA, SAA, ABC) and various martial arts forms such as Wing Chun, Jujitsu, Hapkido, etc.

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 arts and kickboxing techniques, warm-up and conditioning.

**Critique:** Evaluation by instructor and observation and critique of pedagogy of instructor.

**Discussion:** Dialogue with instructor over observations of students, instructor and self.

**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 -- Summarize observation of instructor and students regarding effective pedagogy.

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

Simulation -- demonstrate technique

Final Class Performance -- Analysis, critique and discussion with instructor reviewing successful pedagogy techniques.

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"

Chapter 10 "Targets"

B. Writing Assignments

List and describe proper movement technique for standing skill sets in JKD.

List and describe "primary targets", "vital spots" and correct use of "arsenal" discussed in this chapter.

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: Little, J.

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

Publisher: Tuttle Publishing

Date of Publication: 2016

Edition:

**B. Other required materials/supplies.**