

PEHR 1450 01: Kung Fu 25172

Syllabus, Spring Semester, 2013

Instructor and Course Information:

Instructor: Gary Whitehead
Office: By appointment only

Email: master-whitehead@q.com Phone: (435) 673-2260

Course Credits: 1

Location of class: Gym

Meeting times for class: Tuesdays and Thursdays at 9:00 – 9:50 am

Beginning/Ending dates for course: 01-08-2013 thru 04-30-2013

Pre/Co-requisites for this course: None

Required Publications, Textbook for class: None.

Course Description:

Chinese Kung Fu is an ancient martial art. This course is a Northern Shaolin course providing a foundation in Northern Shaolin Kung Fu and practice. Students through the practice of Kung Fu will learn self defense and martial art applications. The class will focus on the training of Northern Shaolin Kung Fu basics and forms. Northern Shaolin is an external martial art

Department and Course Objectives:

All PEHR courses have the following objectives:

- A. Enhance development of physical, mental, social, and emotional well-being through physical education;
- B. Be supported to develop personal, lifelong commitment to physical activity for the long range health benefits;
- C. Develop competencies in athletic activities that will bring greater satisfaction to participation in athletics;
- D. Demonstrate an understanding of physiology that promotes safety in physical exercise;
- E. Develop a fitness plan pertinent to the physical activity of the course, as applicable

Course Objectives:

- A. Introduce Kung Fu Basics
- B. Introduce 1st form “Happy to Inherit Form One” and subsequent forms based on students practice
- C. Practice Kung Fu in a safe and supervised environment
- D. Provide opportunities to allow students to show understanding of Kung Fu Basics and practice
- E. Learn and show proficiency in **Horse stance 1 ½ minutes, Toe kick and Heel kick with both legs for 1 minute each kick**

Grading Criteria

Grades are based on a percentage of total points earned in class:

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|---------------------------|-------------------|-----------------|
| Attendance*** | 20 points per day | 640 pts. |
| Exercises | | 200 pts. |
| Toe | 60 points | |
| Heel Kick | 60 points | |
| Horse Stance | 80 points | |
| Final Exam | | 100 pts. |
| Final Skill Exam | | 120 pts. |
| Happy to Inherit Form One | | |
| TOTAL POINTS | | 1060 PTS |

The grade will be given based upon the following percentages:

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|---------------|-------------|-------------|-------------|---------------|
| A = 95%-100% | B+ = 88-90% | C+ = 78-80% | D+ = 68-70% | F = Below 60% |
| A- = 91%-94 % | B = 84-87% | C = 74-77% | D = 64-67% | |
| | B- = 81-83% | C- = 71-73% | D- = 60-63% | |

*****LATE POLICY or SPECIAL CIRCUMSTANCES**

Class Starts at 7:30

If you come in after I have started warm-ups you will lose 5 points

If you come in after warm-ups are finished you will lose 10 points

If you come in the middle of practice you will lose 15 points

**If you are unable to participate because of Dr.'s orders or school activities
you will loss 10 points**

Institutional and Class Policies

ACADEMIC INTEGRITY: Failure to comply with academic integrity, honesty, and behavior standards of Dixie College may result in course failure or administrative withdrawal from the class. Don't be cheating. Inappropriate classroom behavior may also result in an administrative withdrawal.

Attendance Policy- There is no attendance requirement for the class. **However, you will find that if you don't attend, you will lose points.** See above for points per day. Any instructions will need to be made up in order to keep current with the daily class instruction.

Withdrawal for disruptive behavior policy- Disruptive behavior in class may also lead to an administrative withdrawal. Disruptive behavior is defined as any behavior that interferes with the teacher's ability to teach or the learning of other students. You will be notified of your withdrawal in this way:

1. A verbal request to comply with behavioral expectations of the class.
2. One written 'warning' letting you know that you have not made the required behavioral adjustment.
3. Administrative withdrawal.

Withdrawal from class- If you decide to withdraw from class, **it is your obligation to formally do so through the registrar's office to make sure you are not still on the roll for the class.**

Important Dates for the Spring Semester

Jan 7 Class work Starts
Jan 10 Last Day to Waitlist
Jan 11 Last Day to Add Without Signature
Jan 14 Drop/Audit Fee Begins (\$10 per class)
Jan 16 Residency Application Deadline
Jan 21 Martin Luther King Jr. Day
Jan 22 \$50 Late Registration/Payment Fee
Jan 29 Pell Grant Census
Jan 29 Last Day for Refund
Jan 29 Last Day to drop without receiving a "W" grade
Jan 30 Courses dropped for non-payment
Feb 1 Last Day to Add/Audit
Feb 1 Associate's degree Graduation Deadline - Spring 2013
Feb 18 President's Day
Feb 25 Mid-Term Grades Due
Mar 1 Last Day to Drop Individual Class
Mar 1 Bachelor's degree Graduation Deadline - Summer 2013
Mar 11-15 Spring Break
Mar 18 Fall 2013 Class schedule available online
Mar 18 Summer Registration open to Seniors (90+ credits)
Mar 19 Summer Registration open to Juniors (60+ credits)
Mar 20 Summer Registration open to Sophomores (30+ credits)
Mar 21 Summer Registration open to all students
Mar 29 Last Day for Complete Withdrawal
Apr 1 Bachelor's degree Graduation Deadline – Fall 2013
Apr 8 Fall Registration open to Seniors (90+ credits)
Apr 9 Fall Registration open to Juniors (60+ credits)
Apr 10 Fall Registration open to Sophomores (30+ credits)
Apr 11 Fall Registration open to all students
Apr 24 Class work Ends
Apr 25 Reading Day
Apr 26 – May 2 Final Exams
May 1 Associate's degree Graduation Deadline - Summer 2013
May 3 Commencement

Written Final Exam Tuesday 4-30-2013 From 8:00 – 10:00 pm

Kung Fu Class Schedule

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| Class #1 | | |
| Basic #1, Basic #2 & Basic #3 | | |
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| Class #2 | | |
| Basic #4, Basic #5 & Basic #6 | | |
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| Class #3 | | |
| Basic #7, Basic #8 & Basic #9 | | |
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| Class #4 | | |
| Basic #10, Basic #11 & Basic #12 | | |
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| Class #5 | | |
| Basic #13, Basic #14 & Basic #15 | | |
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| Class #6 | | |
| Basic #16, Basic #17 & Basic #18 | | |
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| Class #7 | | |
| Happy to Inherit Form 1 6 moves | | |
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| Class #8 | | |
| Happy to Inherit Form 1 5 moves | | |
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| Class #9 | | |
| Happy to Inherit Form 1 5 moves | | |
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| Class #11 | | |
| Happy to Inherit Form 1 8 moves | | |
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| Class #12 | | |
| Happy to Inherit Form 1 5 moves | | |
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| Class #13 | | |
| Happy to Inherit Form 1 5 moves | | |
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| Class #14 | | |
| Happy to Inherit Form 1 5 moves | | |
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| Class #15 | | |
| Happy to Inherit Form 1 5 moves | | |

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| Class #16 | | |
| Practice | | |
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| Class #17 | | |
| Happy to Inherit Form 2 5 moves | | |
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| Class #18 | | |
| Happy to Inherit Form 2 5 moves | | |
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| Class #19 | | |
| Happy to Inherit Form 2 5 moves | | |
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| Class #20 | | |
| Happy to Inherit Form 2 5 moves | | |
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| Class #21 | | |
| Happy to Inherit Form 2 5 moves | | |
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| Class #22 | | |
| Happy to Inherit Form 2 5 moves | | |
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| Class #23 | | |
| Happy to Inherit Form 2 5 moves | | |
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| Class #24 | | |
| Practice | | |
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| Class #25 | | |
| Practice | | |
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| Class #26 | | |
| Practice | | |
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| Practical final exam Class #27 5 Students | | |
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| Practical final exam Class #28 5 Students | | |
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| Practical final exam Class #29 5 Students | | |
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| Practical final exam Class #30 5 Students | | |
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| Practical final exam Class #31 5 Students | | |
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| Practical final exam Class #32 5 Students | | |

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| Written final exam | Class #33 | |