



Physical Education Health and Recreation Department Syllabus

Course Name: Kung Fu
CRN: 45188
Semester/Year: Fall 2013
Instructor: Gary Whitehead

Email Address : master-whitehead@q.com
Office Hours: 11:00-12:00

Prerequisites: None
Lab and other fees: None

Course Description from Catalog:

Traditional Instructional Method of Forms

Required Textbook (s) /Recommended Books/other materials: Exercise Clothing, foot ware and a water bottle.

Department Objectives:

All PEHR courses have the following learning outcomes:

- 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”, 2nd form “Happy to Inherit Form Two” 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

Course Assignments and Assessments:

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

Attendance	20 points per day	600 pts.
Exercises		200 pts.
Toe	60 points	
Heel Kick	60 points	
Horse Stance	80 points	
Final Exam		100 pts.
Final Skill Exam	Happy to Inherit Form One	100 pts.
TOTAL POINTS		1000 pts.
Bonus points		
Bonus Question		50 pts.
Horse Stance for 2.5 minutes		60 pts.

Instructor policy on late assignments, missed exams/quizzes, and unexcused absences:

Grading Scale:

A = 95-100 %	B- = 80-82%	D+ = 67-69%
A- = 90-94	C+ = 77-79	D = 64-66
B+ = 87-89	C = 74-76	D- = 60-63
B = 83-86	C- = 70-73	F = below 59

Important Semester Dates:**2013 Fall Semester**

Aug 19	Class work Starts
Aug 22	Last Day to Waitlist
Aug 23	Last Day to Add Without Signature
Aug 28	Drop/Audit Fee Begins (\$10 per class)
Sep 2	Labor Day
Sep 3	\$50 Late Registration/Payment Fee
Sep 9	Pell Grant Census
Sep 9	Last Day for Refund
Sep 9	Last Day to drop without receiving a "W" grade
Sep 10	Courses dropped for non-payment
Sep 13	Last Day to Add/Audit
Oct 9	Mid-Term Grades Due
Oct 10-11	Semester Break
Oct 14	Last Day to Drop Individual Class
Oct 21	Spring and Summer 2014 class schedules available online
Nov 8	Last Day for Complete Withdrawal
Nov 11	Spring Registration open to Seniors (90+ credits)
Nov 12	Career Day
Nov 12	Spring Registration open to Juniors (60+ credits)
Nov 13	Spring Registration open to Sophomores (30+ credits)
Nov 14	Spring Registration Open to All Students
Nov 27-29	Thanksgiving Break
Dec 6	Class work Ends
Dec 9-13	Final Exams

Important Links:

As a student at Dixie State University, you have access to several helpful resources:

- [Library](#)
- Computer Lab (located at the [Smith Computer Center](#) and the [Library](#))
- [Disability Resource Center](#) - Provides services and accommodations to students with disabilities.
- [IT Student Help Desk](#) - We provide support for the following: Blackboard Vista, Dmail, wireless, software resources for students, and student laptop lease program.
- [Online Writing Lab](#) - Many writing classes utilize this site. Among other things, students can use the Online Writing Lab to submit papers electronically to the Writing Center.
- [Testing Center](#)
- [Tutoring Center](#) - Free and open to all students. Improve your study skills and clarify concepts and class material.
- [Writing Center](#) - "Our mission is to help you become a better writer by approaching your assignments as a process of invention, writing, and revision."

See our [Campus Map](#) for the location of these and other resources.

Policies and Statements

- Disability Statement:

If you suspect or are aware that you have a disability that may affect your success in the course you are strongly encouraged to contact the Disability Resource Center (DRC) located at the North Plaza Building. The disability will be evaluated and eligible students will receive assistance in obtaining reasonable accommodations. Phone # 435-652-7516.

- [Academic dishonesty / Academic integrity policy](#)
- Reference to "[Policy for Absences Related to College Functions](#)"
- [Disruptive behavior policy](#) / classroom expectations
- Dmail:

You are required to frequently check your Dmail account. Important class and university information will be sent to your Dmail account, including DSU bills, financial aid/scholarship notices, notices of cancelled classes, reminders of important dates and deadlines, and other information critical to your success at DSU and in your courses. To access your Dmail account, visit go.dixie.edu/dmail. If you do not know your Dmail username or you have forgotten your PIN, visit go.dixie.edu/mydixie and follow the respective instructions.

Course Outline:

Kung Fu Class Schedule

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

Class #8		
Happy to Inherit Form 1 5 moves		
Class #9		
Happy to Inherit Form 1 5 moves		
Class #11		
Happy to Inherit Form 1 8 moves		
Class #12		
Happy to Inherit Form 1 5 moves		
Class #13		
Happy to Inherit Form 1 5 moves		
Class #14		
Happy to Inherit Form 1 5 moves		
Class #15		
Happy to Inherit Form 1 5 moves		
Class #16		

Practice		
Class #17		
Happy to Inherit Form 2 5 moves		
Class #18		
Happy to Inherit Form 2 5 moves		
Class #19		
Happy to Inherit Form 2 5 moves		
Class #20		
Happy to Inherit Form 2 5 moves		
Class #21		
Happy to Inherit Form 2 5 moves		
Class #22		
Happy to Inherit Form 2 5 moves		
Class #23		
Happy to Inherit Form 2 5 moves		
Class #24		

Practice		
Practical final exam Class #25 5 Students		
Practical final exam Class #26 5 Students		
Practical final exam Class #27 5 Students		
Practical final exam Class #28 5 Students		
Practical final exam Class #29 5 Students		
Practical final exam Class #30 5 Students		
Written final exam Class #31	12-12-13	8:00 – 10:00

Class written Final 12-12-2013 from 8:00 – 10:00