

York University, Faculty of Health
School of Kinesiology and Health Science
Karate-Do I, Winter 2024
HH/PKIN 0412 (Section N)



Instructor: **Dr. Sachil Singh**

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Office hours: By appointment (327B Norman Bethune College or Zoom)

Class Time/Location: 1.30pm-2.20pm, Tuesdays and Thursdays (TM Studio 2)

Acknowledgement of Indigenous Peoples and Traditional Territories

York University recognizes that many Indigenous Nations have longstanding relationships with the territories upon which York University campuses are located that precede the establishment of York University. York University acknowledges its presence on the traditional territory of many Indigenous Nations. The area known as Tkaronto has been care taken by the Anishinabek Nation, the Haudenosaunee Confederacy, and the HuronWendat. It is now home to many First Nation, Inuit and Métis communities. We acknowledge the current treaty holders, the Mississaugas of the Credit First Nation. This territory is subject of the Dish with One Spoon Wampum Belt Covenant, an agreement to peaceably share and care for the Great Lakes region.

Course Outline

Course Description

This course introduces students to the traditional Okinawan art of Goju Ryu Karate-Do. The course uses physical movement to reflect on human connections to the land, and is designed from perspectives of equity, diversity and inclusion (EDI) that shape the ways in which students are taught the martial art. An EDI approach directs the goal of the course *away* from building student proficiency in the martial arts through comparison with others and *towards* working within the limits of individual differences in confidence, mobility, flexibility, and learning styles. From this perspective, Karate-do is learned not as a sport but as a martial art in which York students work at their own pace through basic techniques that lead to the practice of both individual forms (Kihon Kata) and group exercises (Yakusoku Kumite and Renzoku Kumite).

Learning Outcomes

By the end of this course, you will be able to:

1. Identify key differences between traditional Karate-Do and sport Karate-Do.
2. Demonstrate practical aspects of traditional Okinawan martial arts etiquette.
3. Demonstrate traditional Okinawan warm-ups.
4. Perform traditional Karate-Do basics drills and basic forms (Kata)
5. Apply knowledge of basic forms (Kata) to demonstrate pre-arranged sparring drills (Kumite).
6. Critically reflect on your growth over the term.

Organization of the Course

This course involves two formal Karate-do training sessions every week. The skills learned in these sessions provide the building blocks for more complex movements, patterns and drills that culminate in a grading (exam) in the last two classes of the term. The Instructor will occasionally provide mini ‘lectures’ during the training sessions and these will give you the necessary content for the quiz in Week 6. Finally, students are required to write a short critical reflection on their Karate-Do journey in the course which is due in Week 10.

Course Text/Readings

There are no assigned readings for this course.

Grading

Practicum courses are graded using a scale of A, B, C, F or Pass/Fail. You may choose to exercise the **Pass/Fail option** for your final grade. It is your responsibility to notify the Instructor if you wish to take this route. To do this, please email the Instructor with this preference within the first two weeks of the course (ie. by no later than Friday, January 19, 2024).

Course Evaluation

Required Work	Percentage of Final Grade	Due Date/Time	Submission instructions/Location
Active participation	50%	Twice every week	TM Studio 2
Quiz	10%	Open for 48 hours from Feb 13 @ 8am to Feb 15 @ 8am	eClass
Critical reflection	10%	Mar 22, 11.59pm	eClass
Final Exam	30%	Apr 2 <u>and</u> Apr 4, 1.30pm	TM Studio 2

Active Participation: It is expected, and part of your participation grade, that you arrive at class on time and ready for movement as follows:

- Barefoot
- No jewellery
- Wearing stretchable/loose-fitting activewear that does not inhibit range of motion.
- Please bring a water bottle to every class

All PKIN students will be required to sign-up for a Student Recreation Membership (FREE!) prior to accessing Tait for their courses. Please see the steps below to register.

1. Visit - <https://reconline.yorkulions.ca/>
2. Click 'Memberships'
3. Sign-in using Passport York
4. Free - Student Recreation Membership to access for PKINS / Academics

Note: If students do not have a YorkU card or would like more information, they may contact taitmck@yorku.ca

Attendance will be taken at the beginning of each class starting January 9. **It is not enough to attend without participation.** Students who attend but do not participate will not receive full attendance for that class. In accordance with the practicum guidelines of the School of Kinesiology and Health Science, students must attend and actively participate in a minimum of 80% of the classes in the course. Please connect with me before class if meeting this requirement is not possible so that, together, we can develop an accommodation plan.

To obtain the active participation grade each class, students must participate in the activities that are planned for the day for the duration of the class. Please ensure that your attendance is recorded (especially if you are late). Continued tardiness will result in a deduction for participation. It is the student's responsibility to come to class prepared for Karate-do.

Quiz

You will be given a 48 hour window (from Feb 13 @ 8am to Feb 15 @ 8am) to complete a quiz in eClass. This quiz will cover material that will be repeated to the class over the weeks.

Critical Reflection

You are required to write a 600 word Critical Reflection on your key learnings from this course. Please find detailed instructions in eClass.

Final Exam

The Final Exam is conducted over two classes (April 2 and 4) in Studio 2.

Lateness Penalty: Proper academic performance depends on students doing their work not only well, but on time. Accordingly, assignments/quizzes for this course must be received by the due date specified for the assignment.

Assignments received later than the due date will be penalized one-half letter grade (1 grade point) per day that the assignment is late. Exceptions to the lateness penalty for valid reasons such as illness, compassionate grounds, etc., may be entertained by the Professor but this is not guaranteed.

What you should know about a return to in-person teaching-learning

- All York students and instructors share responsibility for the safety and well-being of the community while on York's campuses. All students should continue to check [YU Better Together](#) for the latest information on health and safety. This website provides easy to access, up-to-date information on York University policies and procedures; it will always be the best resource for York's COVID-19 response information.
- Should public health conditions change and/or if government directives require a change in health and safety approaches, the University will pivot to remote delivery of its operations to ensure the health and safety of its community members. Decisions will be made with the approval of the Senate Executive Committee.
- Helpful resources:
 - Reducing Virus Spread, from [Toronto Public Health](#)
 - [York Fact and Information Sheet](#) (November, 2022)
- [Campus vaccine clinics](#) are open and accessible, with booster doses available to eligible individuals:
- Masks continue to be available for sale at a nominal cost through vending machines and the Campus Bookstore, and mask-wearing is strongly encouraged when indoors or where appropriate physical distances can't be maintained.
- Self-screening is everyone's responsibility and recommended. The [YU Screen](#) is available to help, at and will guide individuals as to safe public health procedures if they are feeling ill.
- Rapid-test kits continue to be available to the York community at no cost (will be asked to provide a York email address), with an ample supply of individual tests available for the 2023-24 year.
- [Case management services](#) continue to be provided to community members who fail screening, advising community members on self-isolation protocols based on public health guidance.

Appeals Process

You may ask for a grade reassessment on an assignment within five calendar days of grades being posted. This request is not an ordinary occurrence but an exception. If you believe that your assignment has been wrongly graded, explain why in a one-page typed letter to the Professor. Keep in mind that your grade may go up, down, or remain the same.

Important Course Information for Students

York University seeks to provide for equal rights and opportunities without discrimination for all students. The overall aim is a climate of understanding and mutual respect for the dignity and worth of each community member so that each person feels a part of York University and is able to fully participate in university life.

The following information describes some of your important rights and responsibilities as students, along with the supports, accommodations and services made available to you by York.

Academic Honesty and Integrity: York students are required to maintain the highest standards of academic honesty and they are subject to the Senate Policy on Academic Honesty (<https://www.yorku.ca/secretariat/policies/policies/academic-honesty-senate-policy-on/>). The Policy affirms the responsibility of faculty members to foster acceptable standards of academic conduct and of the student to abide by such standards. Comprehensive information about academic honesty, along with information about how to find resources at York to help improve your research and writing skills and cope with University life, can be found at: <https://www.yorku.ca/unit/vpacad/academic-integrity/>.

Conduct in Academic Situations: Students and instructors are expected to maintain a professional relationship characterized by courtesy and mutual respect. It is the responsibility of the instructor to

maintain an appropriate academic atmosphere in the classroom and other academic settings, and the responsibility of the student to cooperate in that endeavour. Further, the instructor is the best person to decide, in the first instance, whether such an atmosphere is present in the class in keeping with the Senate Policy and Procedures on Disruptive and/or Harassing Behaviour in Academic Situations (<https://www.yorku.ca/secretariat/policies/policies/disruptive-andor-harassing-behaviour-in-academic-situations-senate-policy/>). Please also see the **Code of Student Rights and Responsibilities:** <https://www.yorku.ca/secretariat/policies/policies/code-of-student-rights-and-responsibilities-presidential-regulation/>

Religious Accommodation: York University is committed to respecting the religious beliefs and practices of all members of the community, and making accommodations for observances of special significance to adherents. Should any of the dates specified in your course syllabus pose such a conflict for you, contact the Professor within 14 days of the date for which accommodation is sought. Other procedures are outlined in the York University policy, guidelines and procedures on Academic Accommodation for Students' Religious Observances (<https://www.yorku.ca/secretariat/policies/policies/academic-accommodation-for-students-religious-observances-policy-guidelines-and-procedures/>). Please note that to arrange an alternative date or time for an examination scheduled in the formal examination periods (December and April/May), students must complete a Religious Accommodation Agreement, which can be found at: registrar.yorku.ca/pdf/exam-accommodation.pdf

Accessibility Services: Student Accessibility Services (accessibility.students.yorku.ca/) provides academic accommodations and supports for students with temporary and permanent disability including physical, sensory, medial, learning, and mental health disabilities. Students who had an Individualized Education Plan (IEP) in high school are eligible for support. Please note that registering with disabilities services and discussing your needs with your professors is necessary to avoid any impediment to receiving the necessary academic accommodations to meet your needs. Please also visit these links: <https://www.yorku.ca/secretariat/policies/policies/academic-accommodation-for-students-with-disabilities-policy/> and <https://www.yorku.ca/secretariat/policies/policies/academic-accommodation-for-students-with-disabilities-guidelines-procedures-and-definitions/>

Academic Skills Support: York University Libraries (<http://www.library.yorku.ca>) and the Learning Commons (learningcommons.yorku.ca/) provide students with academic support for their course assignments and research requirements. The Libraries offer an array of supports, services, workshops, resources and people available to help ensure continued success during a student's academic career.

Centre for Human Rights, Equity, and Inclusion: The Centre for Human Rights, Equity and Inclusion (rights.info.yorku.ca/) facilitates confidential processes to discuss allegations of discrimination and harassment by York Community members. There are also robust training opportunities and workshops available to the community year round.

Counselling, Health and Well Being: Student Counselling, Health & Well Being (counselling.students.yorku.ca) supports students in realizing and developing their personal potential in order to maximally benefit from their university experience and manage the challenges of university life. Services include: peer-led workshops, certificate training programs, support groups, same-day and appointment-based counselling, short-term therapy, and more.

Sexual Violence Response and Support: The Centre for Sexual Violence Response, Support and Education (thecentre.yorku.ca) facilitates support, services and accommodations for those who have experienced sexual violence. The support offered is based on the needs and wishes of the person disclosing/reporting.

Student Community Relations: The Office of Student Community Relations (oscr.students.yorku.ca/) supports students impacted by critical incidents, facing personal crises or multiple complex issues, such as, but not limited to, critical illness or injury of a student, student death, attempted suicide and sexual assault. OSCR provides advice, referrals, alternate dispute resolution methods and judicial processes (local adjudication, tribunals).

Ethics Review Process for research involving human participants:
<https://www.yorku.ca/research/human-participants/>