

# Senate Committee on Academic Standards, Curriculum & Pedagogy

## BASIC COURSE OUTLINE MODEL

### Health Kinesiology

*General instructions and examples noted in blue should be either replaced or removed.  
All statements or headings to be included in course outlines are provided in black.*

**Course:** PKIN 0404 A and B Aikido Yoshinkai      **Course\_ :** N/A

**Term:** Fall Term 2018

**Prerequisite / Co-requisite:** None

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#### Course Instructor

List all course instructors. Include listing of teaching assistants, when information is available. If full teaching complement not identified prior to start of term, provide an updated list as in-class handout and/or on course website.

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#### Time and Location

Classes Studio 2 Tait McKenzie  
0404A Mon and Wed at 11 30  
0404B Mon and Wed 12 30

#### Expanded Course Description

Classes comprise 50 mins of a mix of oral instruction and physical activity. Several prepared handouts will be distributed throughout the course. Course instruction may be supplemented by the occasional video presentation.

#### Course Objectives

The course will comprise studying the basic movements which are typical of Aikido (*the kihon dosa*). These will be explained in detail and the rationale for them explained. They will be practiced at the beginning of every class. Aikido is sometimes described as bare-handed swordsmanship as the basic movements are all derived from sword movements which involve large circular movements. It is hoped that enough *bokken*, wooden training swords might be available for student practice.

Proficiency in this art takes many years of dedicated training. A course such as PKIN 0404 serves to give students some basic insight into the art to serve as an introduction should they wish to pursue further training. Students will gain some insight as to the type of training they

may expect if they were to pursue training at a *dojo* run by a traditionally trained instructor.

A relatively small number of techniques will be studied in detail in the belief that it is better to master a small number of techniques and do them well rather than a large number of poorly executed techniques.

### **Course Text / Readings**

Additional readings may be assigned or recommended during the course.

A series of handouts have been prepared and will be distributed at various times during the course.

### **Evaluation \***

Students of Aikido Yoshinkai take a series of practical tests as they advance in their training. Below the Black Belt level these are referred to as kyu ranks. Rank beginners start at the 8<sup>th</sup> kyu level rising to 1<sup>st</sup> kyu at the Brown Belt level. Dan rankings start at Sho Dan, 1<sup>st</sup> degree Black Belt with Dan rankings increasing thereon.

PKIN 0404 students will take the 8<sup>th</sup> kyu test near the end of the course. This consists of demonstrating some the basic movements of Aikido Yoshinkai on their own and then demonstrating four basic Aikido techniques together with a partner. Each person will demonstrate both the technique itself and how to defend against the technique. A grade of A,B,C or F will be assigned to each student based on well they do.

## Grading, Assignment Submission, Lateness Penalties and Missed Tests

**Grading:** The grading scheme for the course conforms to the 9-point grading system used in undergraduate programs at York (e.g., A+ = 9, A = 8, B+ = 7, C+ = 5, etc.). Assignments and tests\* will bear either a letter grade designation or a corresponding number grade (e.g. A+ = 90 to 100, A = 80 to 90, B+ = 75 to 79, etc.)

(For a full description of York grading system see the York University Undergraduate Calendar - <http://calendars.registrar.yorku.ca/2010-2011/academic/index.htm>)

\* If an alternative number grade/percentage system is used for assignments or tests, it must be fully described in the course outline.

Students may take a limited number of courses for degree credit on an ungraded (pass/fail) basis. For full information on this option see Alternative Grading Option in the (*Faculty name*) section of the Undergraduate Calendar: ([provide web link to calendar description of this option for the Faculty offering the course](#))

**Assignment Submission:** Proper academic performance depends on students doing their work not only well, but on time. Accordingly, assignments for this course must be received on the due date specified for the assignment. Assignments are to be handed in ([specify how, where and when if this information was not provided in the Description of Assignments above](#)).

**Lateness Penalty:** Assignments received later than the due date will be penalized ([State penalty: e.g., one-half letter grade \(1 grade point\) per day that assignment is late](#)). Exceptions to the lateness penalty for valid reasons such as illness, compassionate grounds, etc., may be entertained by the Course Instructor but will require supporting documentation (e.g., a doctor's letter).

**Missed Tests:** Students with a documented reason for missing a course test, such as illness, compassionate grounds, etc., which is confirmed by supporting documentation (e.g., doctor's letter) may request accommodation from the Course Instructor. ([State accommodation arrangement: e.g., allowed to write a make-up test on xx date.](#)) Further extensions or accommodation will require students to submit a formal petition to the Faculty.

## ADDITIONAL INFORMATION

N/A

## IMPORTANT COURSE INFORMATION FOR STUDENTS

All students are expected to familiarize themselves with the following information, available on the Senate Committee on Academic Standards, Curriculum & Pedagogy webpage (see Reports, Initiatives, Documents) - <http://secretariat.info.yorku.ca/files/CourseInformationForStudentsAugust2012.pdf>

- Senate Policy on Academic Honesty and the Academic Integrity Website
- Ethics Review Process for research involving human participants
- Course requirement accommodation for students with disabilities, including physical, medical, systemic, learning and psychiatric disabilities
- Student Conduct Standards
- Religious Observance Accommodation

November 2013  
Links updated November 2014