Aikido - Elementary
ESSF 1440/440 Section 2
(2 Credit Hours or non-credit)

Spring 2018
Friday: 10:00AM – 11:30PM in (HPER W 106)
The first day of class is on Friday January 12th, 2017 at 10:00AM.

Instructor: Veera Kasicharernvat
Contact information: Veera.Kasicharernvat@utah.edu

Course Description:
This course will provide instruction and practice of the Japanese art of Aikido. Students will learn how to defend themselves from assailants using throws, locks, and pins. Students will become equipped to defend themselves against attacks involving grabs, strikes, and weapons. Aikido teaches defense without causing any personal physical damage.

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

• Perform eighteen to twenty techniques which provide an opportunity to develop mind and body coordination for graceful movement in Aikido and daily life.
• Demonstrate proper self-protection
• Execute an introductory level of self-control in daily life utilizing the principles of calm mind, relaxed body and a strong spirit in Aikido: Keep one point, Relax Completely, Keep Weight Underside and Extend Ki

All ESSF classes can be repeated for credit or non-credit as many times as you would like for Aikido-ranking.

Teaching and Learning Methods:
Demonstration and explanation. This class offers fun and protection for everyone.

Assignments:
Any student taking this course for credit must also complete and turn in a written assignment. To write a short paper on Morihei Ueshiba, Founder of Aikido. Details and instructions for this assignment will be provided by the instructor in class. Attendance is crucial to receive this information.
Watch:

https://www.youtube.com/watch?v=q0AZCDvD3Y4
https://www.youtube.com/watch?v=RCeOedrW-AM
(Aikido Today)
https://www.youtube.com/watch?v=XoDK3XuvZWw
(Aikido by O’Sensei Morihei Ueshiba/Founder of aikido)

Grading Criteria:

The grading criteria is simply on a credit or no-credit scale. If students attend 80% or more, they earn a “CR” grade. If they miss more than 20% or are taking the class for non-credit, they will earn a “NC” grade. You will not receive a letter grade.

Course Policies:

[Attendance & Punctuality:] As per Exercise and Sport Science departmental policy, each student must attend 80% of the total number of classes to earn credit for this course. This attendance is documented each day in class. Any student taking this course for credit must also complete and turn in a written assignment. To write a short paper on Morihei Ueshiba, Founder of Aikido. Details and instructions for this assignment will be provided by the instructor in class. Attendance is crucial to receive this information. For students taking the course for non-credit, record of attendance and the submission of the assignment given in class is not necessary. There are no make-ups allowed for student absences. Students are allowed to miss 20% of the total number of classes and are expected to work these allowable absences into their personal schedules without instructor involvement.

Being 10 minutes late to class equates to one tardy. Two tardies equals one absence.

Other information:

1. The Americans with Disabilities Act. The University of Utah seeks to provide equal access to its programs, services, and activities for people with disabilities. If you will need accommodations in this class, reasonable prior notice needs to be given to the Center for Disability & Access (CDA; http://disability.utah.edu/; 162 Olpin Union Building; 801-581-5020). CDA will work with you and the instructor to make arrangements for accommodations. All written information in this course can be made available in an alternative format with prior notification to the CDA.

2. Addressing Sexual Misconduct. Title IX makes it clear that violence and harassment based on sex and gender (which includes sexual orientation and gender identity/expression) is a Civil Rights offense subject to the same kinds of accountability and the same kinds of support applied to offenses against other protected categories such as race, national origin, color, religion, age, status as a person with a disability, veteran’s status or genetic information. If you or someone
you know has been harassed or assaulted, you are encouraged to report it to the
Title IX Coordinator in the Office of Equal Opportunity and Affirmative Action, 135
Park Building, 801-581-8365, or the Office of the Dean of Students, 270 Union
Building, 801-581-7066. For support and confidential consultation, contact the
Center for Student Wellness, 426 SSB, 801-581-7776. To report to the police,
contact the Department of Public Safety, 801-585-2677(COPS).

3. **The Code of Student Rights and Responsibilities.** The code, which specifies
student rights as well as conduct involving cheating, plagiarism, collusion, fraud,
theft, etc., is provided at [http://regulations.utah.edu/academics/6-400.php](http://regulations.utah.edu/academics/6-400.php).

4. **Wellness Statement.** Personal concerns such as stress, anxiety, relationship
difficulties, depression, cross-cultural differences, etc., can interfere with a student’s
ability to succeed and thrive at the University of Utah. For helpful resources contact
the Center for Student Wellness, [http://wellness.utah.edu/](http://wellness.utah.edu/); 801-581-7776.

5. **Drop/Withdrawal.** The last day to drop (delete) classes is [Friday September 1]; the
last day to withdraw from this class is [Friday October 20]. Please check the
academic calendar for more information pertaining to dropping and withdrawing from
a course. Withdrawing from a course and other matters of registration are the
student’s responsibility.

6. **Veterans Center.** If you are a student veteran, I want you to know that the U of Utah
has a Veterans Support Center on campus. They are located in Room 161 in the
Olpin Union Building. Hours: M-F 8-5pm. Please visit their website for more
information about what support they offer, a list of ongoing events and links to
outside resources: [http://veteranscenter.utah.edu/](http://veteranscenter.utah.edu/). Please also let me
know if you need any additional support in this class for any reason.

7. **LGBT Resource Center.** If you are a member of the LGBTQ community, I want you
to know that my classroom is a safe zone. Additionally, please know that the U of Utah
has an LGBT Resource Center on campus. They are located in Room 409 in the
Olpin Union Building; their hours are M-F 8-5 pm. You can visit their website to
find more information about the support they can offer, a list of events through the
center and links to additional resources: [http://lgbt.utah.edu/](http://lgbt.utah.edu/). Please also let me
know if there is any additional support you need in this class.

8. **Learners of English as an Additional/Second Language.** If you are an English
language learner, please be aware of several resources on campus that will support
you with your language development and writing. These resources include: the
Writing Center ([http://writingcenter.utah.edu/](http://writingcenter.utah.edu/)); the Writing Program ([http://writing-
program.utah.edu/](http://writing-program.utah.edu/)); the English Language Institute ([http://continue.utah.edu/eli/](http://continue.utah.edu/eli/)).
Please let me know if there is any additional support you would like to discuss for
this class.