COLLEGE OF HEALTH SCIENCES
Department of Kinesiology
Sport and Recreation Office

Spring 2019

Course Number, Title, and Credit Hours:  SPT&REC 293, Aikido, 1 credit

Special Course fee:  None

Location:  Plymouth Church, Graham Hall-2nd floor
           2717 E. Hampshire Ave.
           One block east of Mitchell Hall on Hampshire Ave.

Section Number and Time:  Lec 119  TR  5:00 PM - 6:20 PM

Instructor:  Shinji Takahashi  
Email:  takahash@uwm.edu  
Office: Curtin 892  
Office Hour:  N/A

Additional Contact:  If you are unable to reach the instructor, contact the Sport & Rec Office at 414-227-3123 or email chs-outreach@uwm.edu

Description of course objectives:  Introduce the martial art of Aikido to the student. Expose the student not only to the physical aspects of the art but to its theory and philosophy as well. Aikido is a study of “ki,” which is further developed in class. Various aspects of the Japanese culture so rooted in its development are also discussed. Aikido is "meditation in motion" and focuses on smooth balanced movement in a non-competitive atmosphere. Students learn that softness, a calm mind, and harmony are valuable strengths. It is an excellent physical exercise that incorporates practical self-defense.

Pre-requisite(s):  None. This is an introductory course. Anyone is welcome, either beginners or experienced practitioners.

Required and Recommended Equipment/Material(s):  The student can wear regular fitness clothing, such as long training pants and a t-shirt. A martial arts “gi” is not required, but may be worn if desired.

Tips for successful participation in class:  Attendance is essential for Aikido. One can read theories, but it is essential to have a partner to study “ki.” Beginners and experienced learners are not separated, because not only a beginner can learn from an experienced learner, but an experienced learner always has something to learn from working out with a beginner. Try to learn how your body and mind work in motion. Furthermore, by understanding yourself, try to understand how your partner’s body and mind work.
Recommended readings:
• The Art of Peace by Morihei Ueshiba, the founder of Aikido
• Budo by Morihei Ueshiba, the founder
• Aikido and the Harmony of Nature by Mitsugi Saotome, the founder of Aikido Schools of Ueshiba in the US since 1975

Important References:
• Aikikai Foundation (http://www.aikikai.or.jp/eng/)
• Aikido Association of America (http://www.aaa-aikido.com)
• Aikido Journal (http://aikidojournal.com)

Local Aikido Dojo:
• Milwaukee Aikido Club (http://www.milwaukeeaikido.org)
• Milwaukee Shobukan (http://www.milwaukeeshobukan.org/index.html)

Grading Policies:
Attendance and active participation in this class are crucial. Active participation does not only mean learning skills but also trying to understand the spirit of Aikido. Aikido does not seek conflict and it is not competitive. Each student will earn maximum of 5 points each class, if s/he fully participates. Tardiness will be penalized.

1-10 minutes late—one point deducted
10-20 minutes late—two points deducted
20-30 minutes late—three points deducted
30 or more minutes late—you will be marked absent with all four points deducted

Attendance and class performance 90%
Final test 10%

Absence: Part of the purpose of this class is to promote health. Therefore, if a student is not well enough to attend class, he or she should not be penalized. However, they need to notify the instructor by email before class.

Grading Scale:
93-100 = A
90-92.9 = A-
87-89.9 = B+
83-86.9 = B
80-82.9 = B-
77-79.9 = C+
73-76.9 = C
70-72.9 = C-
67-69.9 = D+
63-66.9 = D
60-62.9 = D-
0-59.9 = F

Schedule:
Week 1  Session 1  Rei, Tai no Tenkan, Ukemi, Ikkyo Omote
The above schedule may change due to time constraints.

**Attendance requirements:** Any student who does not participate in classes cannot expect to satisfactorily complete course objectives and therefore should consider dropping the course.

**Guidelines for wireless and electronic devices in the classroom:** The guidelines are on the College of Health Sciences website:
Definition of a credit hour: This is a 1 credit course. Students are expected to invest approximately 3+ hours per week in class activities. This includes class participation, lectures and outside assignments.

University Policies

1. Students with disabilities. If you will need accommodations to meet any of the requirements of this course please contact me as soon as possible. Verification of disability, class standards, the policy on the use of alternate materials and test accommodations can be found at the following:
   http://uwm.edu/arc/

2. Religious observances. Policies regarding accommodations for absences due to religious observance are found at the following:
   http://www4.uwm.edu/secu/docs/other/S1.5.htm

3. Students called to active military duty. Accommodations for absences due to call-up of reserves to active military duty should be noted.
   http://uwm.edu/active-duty-military/

4. Incompletes. The conditions for awarding an incomplete to graduate and undergraduate students can be found at the following:
   https://www4.uwm.edu/secu/docs/other/S_31_INCOMPLETE_GRADES.pdf

5. Discriminatory conduct (such as sexual harassment). Definitions of discrimination, harassment, abuse of power, and the reporting requirements of discriminatory conduct are found at the following:
   https://www4.uwm.edu/secu/docs/other/S_47_Discrimina_duct_Policy.pdf

6. Academic misconduct. Policies for addressing students cheating on exams or plagiarism can be found at the following:
   http://uwm.edu/deanofstudents/conduct/conduct_procedures/academic-misconduct/ and
   http://uwm.edu/academicaffairs/facultystaff/policies/academic-misconduct/

7. Class misconduct: Disruption of class, harassment, and any behavior considered hazardous to others may be cause for dismissal from class.
   https://www4.uwm.edu/secu/docs/other/S_9_Behavior_Ca_ing_Process.pdf

8. Complaint procedures. Students may direct complaints to the head of the academic unit or department in which the complaint occurs. If the complaint allegedly violates a specific university policy, it may be directed to the head of the department or academic unit in which the complaint occurred or to the appropriate university office responsible for enforcing the policy.
   https://www4.uwm.edu/secu/docs/other/S_47_Discrimina_duct_Policy.pdf

9. Grade appeal procedures. Procedures for student grade appeal appear at the following:
   http://www4.uwm.edu/secu/docs/other/S28.htm
10. **LGBT+ resources.** Faculty and staff can find resources to support inclusivity of students who identify as LGBT+ in the learning environment.

   http://uwm.edu/lgbtrc/

11. **Final examination policy.** Policies regarding final examinations can be found at the following:

   http://www4.uwm.edu/secu/docs/other/S22.htm

**Assumption of Risk:**

Students are notified that this course/activity has inherent hazards, exposures, and risks, some known and some unanticipated, which could result in harm, injury (physical or mental), illness, diseases, death or damages to the student, the student’s property or to other third parties or their property.

By enrolling in and continuing to participate in this course/activity, students are voluntarily agreeing to assume all of the inherent hazards, exposures, and risks associated with this course. Students must accept full responsibility for their own health and well-being by participating in this activity. Students must also accept full responsibility for third parties whose health and well-being are affected by the students’ participation in this course/activity.

Students are also notified that UWM does not provide any accident or health insurance to cover participation in the course/activity, and that students are responsible to provide their own such insurance.

Students will be required to sign a separate Assumption of Risk, Waiver, and Release form for this course/activity.