I. INTRODUCTION:

A. The purpose of this course is to introduce students to the Martial Art of TAE KWON DO, which involves physical activity as well as mental discipline.

B. This course meets curriculum requirement for the Central Texas College programs for an Associate Degree and the transferability of courses to other institutions.

II. LEARNING OUTCOMES:

A. Students will be able to comprehend and illustrate by example the rules regarding the safety, strategy and manners of the sport.

B. Students will be able to demonstrate competency by participating in offensive and defensive maneuvers.

C. Students should be able to comprehend and apply the principle that the achievement and maintenance of good physical condition is essential to success in the sport of TAE KWON DO and must be introduced by fitness exercises.

D. Students should be able to develop skills and understanding of the general principles of personal defense and safety and should also be able to develop a sense of responsibility for one's self as well as others.

III. INSTRUCTIONAL MATERIALS:

The instructional materials identified for this course are viewable through www.ctcd.edu/books

A. Lecture

B. Teacher Modeling

C. Cooperative Group

D. Discussion

E. Guided Practice
F. Independent Practice

G. Video Tapes

H. Handouts

IV. REQUIREMENTS FOR THE CLASS ARE AS FOLLOWS:

1. Attend class regularly
2. Be on time
3. Suit out in proper dress
4. Pass written examinations

GRADE COMPUTATION

Participation 50% Written Examinations 50%

*Participation grade will include suiting out in proper attire, positive contributions to class and team efforts, promptness in beginning activities, constant and maximum effort toward activity objectives, and demonstration of good sportsmanship.

ABSENCES AND TARDIES

A. It is the student’s responsibility to sign the attendance sheet before the beginning of each class. Students arriving 5 minutes after class has started will be counted tardy. Students arriving 15 minutes after class has started will be counted absent. Failure to be in class and ready to participate at the beginning of class will also result in a tardy or an absent as rules apply. Students who leave class early without consulting the instructor will also be counted absent. Absences begin with the first day of class.

B. Students who exceed a total of four (4) absences will need to withdraw from this course or they will automatically receive a grade of “F” for this course.

C. Students will have two (2) points deducted from their final grade for each tardy received.

The student will be required to provide a documented excuse when he/she misses either written exams or skills tests. It will be his/her responsibility to arrange with the instructor the missed exam. Students who fail to make such arrangements immediately upon their return to class will not be allowed to take the test.

MEDICAL:

A. Students who have a health problem should obtain a document from a physician explaining the program and an approval for participation in the activity in which the student is involved. A
current physical exam is recommended.

B. Disability Support Services provide services to students who have appropriate documentation of a disability. Students requiring accommodations for class are responsible for contacting the Office of Disability Support Services (DSS) located on the central campus. This service is available to all students, regardless of location. Explore the website at www.ctcd.edu/disability-support for further information. Reasonable accommodations will be given in accordance with the federal and state laws through the DSS office.

V. COURSE OUTLINE:

A. Orientation

1. Objective: To introduce students to the martial art of TAE KWON DO, which involves physical activity as well as mental discipline.

a. Warm-ups
   (1) Cardiovascular Exercises
   (2) Stretching Exercises

b. Forms
   (1) Kyu-yool (discipline)
   (2) Kam-sah (appreciation)

c. Count Kicks
   (1) 3-count front kick
   (2) 4-count side kick

d. Six Basics

e. Self-defense Techniques

f. White Belt One Step
   (1) **Attacker-steps forward with loud yelling**
   (2) Defender-steps back with loud yelling

B. Evaluation

1. Discussion
2. Project
3. Activity
4. Test
5. Teacher Observation