

**San José State University**  
**Kinesiology**  
**Fall 2018, KIN 54 A, Beginning Taekwondo**

**Contact Information**

Instructor:	Dr. Jennifer Schachner
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Office Hours:	By appointment
Class Meetings & location	YUH, Matt Room

**Course Description**

This course is focused on development of fundamental skills and knowledge related to Tae Kwon Do. Included are basic patterns (poomse), kicking and one-step defenses.

**Web Resource**

Course materials may be found on the e-campus Canvas learning management system at <http://www.sjsu.edu/at/ec/canvas/>. You are responsible for regularly checking the Canvas discussion board and email for information and messages. Login using your mysjsu username and password.

**Course Goals and Student Learning Objectives**

Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skills tests, and written exams,

- Knowledge of fundamental skills, technique of beginning level Taekwondo.
- Proficiency in execution of the *Taekwondo skills* covered.
- An understanding of the history, rules, strategies, current research, safety and etiquette associated with *Taekwondo*.
- An understanding of the mental and physical health benefits to be derived from *Taekwondo*.
- An appropriate level of proficiency in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility as it relates to Taekwondo training.

## **Activity Program Learning Outcomes**

After completion of the physical activity graduation requirement, students shall be able to:

- Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.
- Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.
- Identify and/or explain the benefits of physical activity as related to physical and mental health.

**Text/Readings:** All readings will be uploaded to Canvas.

## **Course Notes**

- Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. Turn cell phone off and put away for the duration of the class. Interactions with classmates and the instructor are expected to be respectful at all times.
- Attired: Students are to wear marital arts uniforms with the appropriate belt. Shoes are not allowed on the mat. Socks are allowed only if they are non-slip.
- Recording class: Instruction may not be recorded. If classmates ask you to record their performance for later review make sure it is done before or after class rather than during class. Do not post or otherwise share the recording.
- Intellectual property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor's intellectual property and cannot be shared or uploaded in any form publicly without the instructor's approval.
- If you have pre-existing medical or physical problems you should consult your physician before participating in this class and alert the instructor to any required limitations.
- Report any accidents to the instructor immediately.
- Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of 45 hours over the length of the course (normally three hours per unit per week) for instruction, preparation/studying, or course related activities.
- Make up classes and extra credit may be available during the semester. Announcements will be made in class and on Canvas where appropriate.

## **Course Requirements, Assignments, and Grading**

Daily Participation will be graded as such:

- 3 points: Student is in full uniform (belt included), on time and participates fully in class activities including daily assignments.
- 2 points: Student is on time, not in full uniform and participates fully in class OR student is in full uniform but arrives 10-15 minutes late for class, completes daily assignments.
- 1 point: Student is not in uniform OR student is more than 20 minutes late to class but also completes daily assignments.

## Tests and Quizzes:

- There will be weekly online quizzes through Canvas. There are no make-ups for these quizzes so plan accordingly.
- There will be one written final and one written midterm. They will consist of fill in, multiple choice, matching and true/false questions.
- There will two skills tests. They will be partially peer reviewed and partially instructor graded. A guide for this skills test will be provided during the semester.

## Assignments/Projects:

Other than outside skills practice, there is only one project due at the end of this semester. It is a group demonstration of the skills learned in class. You will have class time to coordinate and practice. This will be your physical final.

## Grading

Extra credit may be available- see instructor

Late work will not be accepted.

Final grade based on the following:

- 60% Daily class activities (group discussion/participation/in-class assignments)
- 15% Weekly Online Quizzes
- 5% Written Midterm
- 10% Skills Test 1 and 2
- 10% Final Exams (Written and Physical)

## Grading Scale used to determine final course grade.

Percentage	Equivalent Grade
97% - 100%	A+
93% - 96%	A
90% - 92%	A-
87% - 89%	B+
83% - 86%	B
80% - 82%	B-
77% - 79%	C+
73% - 76%	C
70% - 72%	C-
67% - 69%	D+
63% - 66%	D

Percentage	Equivalent Grade
60% - 62%	D-
Below 60%	F

### **University Policies**

Information pertaining to university programs and policies designed to facilitate student success can be found here:

<http://www.sjsu.edu/gup/syllabusinfo/>

**Course Calendar (subject to change with fair notice by announcement in class and/or email)**

Week	Course Content (Assignments, Exams/Quizzes, ...)
8/21 8/23	Welcome/Introductions Etiquette/Classroom Procedures/ Uniforms <i>Readings: Korean Instructor Titles/Original Kwans &amp; History</i>
8/28 8/30	Flexibility Flexibility/Fundamentals <i>Readings: MA Stretching</i>
9/4 9/6	Fundamental Strikes & Blocks Fundamental Strikes & Blocks <i>Readings: Strikes &amp; Kicks</i>
9/11 9/13	Fundamental Strikes & Blocks Fundamental Strikes & Blocks- <b>QUIZ 1 on Canvas</b> <i>Readings: Belt Tie</i> <b>UNIFORMS DUE BY 9/13</b>
9/18 9/20	Introduction to Pad work Pad work <i>Readings: Korean Terminology</i>
9/25 9/27	Pad work/Combos Pad work Combos- <b>Quiz 2 on Canvas</b> <i>Readings: Cardiovascular/Body Composition/Muscles</i>
10/2 10/4	Poomse Poomse <i>Readings: Forms</i>
10/9 10/11	Poomse Skills Test and Midterm Prep
10/16 10/18	<b>SKILLS TEST #1</b> <b>WRITTEN MIDTERM</b>
10/23 10/25	Sparring Drills- Step Sparring Sparring Drills <i>Readings: Step Sparring</i>
10/30 11/1	Sparring Drills- <b>Quiz 3 on Canvas</b> NO CLASS
11/6 11/8	Advanced Kicking Advanced Kicking <i>Readings: Zones/Applied vs. Classical</i>

Week	Course Content (Assignments, Exams/Quizzes, ...)
11/13 11/15	TKD Applications to Self Defense TKD Applications to Self Defense <i>Readings: Self Defense</i>
11/20 11/22	TKD Conditioning THANKSGIVING- NO CLASS
11/27 11/29	Practice For Skills Test SKILLS TEST #2- <b>Quiz 4 on Canvas</b>
12/4 12/6	Mandatory group work for final Mandatory group work for final
<b>Finals</b>	<b>Section 01--7:30 class: Tuesday, December 18<sup>th</sup> @7:15</b> <b>Section 02--8:30 class: Thursday, December 13<sup>th</sup> @7:15</b>