

San José State University
CHHS/Kinesiology
KIN 54A, Beginning Taekwondo, 01 & 02, Spring, 2021

Course and Contact Information

Instructor:	Dr. Jennifer Schachner
Office Location:	Canvas/Zoom
Telephone:	408-482-4961 call or text is ok
Email:	Jennifer.schachner@sjsu.edu
Office Hours:	By appointment via Zoom/facetime/phone etc.
Class Days/Time:	NA
Classroom:	Canvas

Course Description

This course is focused on development to of beginner/basic level skills and knowledge related to Taekwondo.

Course Format

Technology Intensive, Hybrid, and Online Courses

This class is online only and does not meet at a specific time. You must have a way to connect to the internet to watch videos and access the Canvas learning system.

Course Learning Outcomes (CLO)

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*
- *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.*

Upon successful completion of this course, students will be able to:

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

Required Texts/Readings

Textbook

There are no required textbooks for this course.

Course Requirements and Assignments

- *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 problem, 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.*
- *Each week there will be an assignment(s) that consist of workout logs, reflections, quizzes, skills tests, midterms or video uploads.*
- *If a serious illness or an accident occurs that requires an extended absence, the student should obtain a medical statement and withdraw from the class.*
- *It is the ultimate responsibility of the student to formally drop a class. You should not rely on the instructor to drop you from a class for non-attendance. Drop requests will not be accepted after the SJSU drop deadline.*

Final Examination or Evaluation

Final exam will consist of a written exam as well as video upload of required beginner level Taekwondo skills.

Grading Information (Required - Delete the word "Required" in final draft)

- 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 will include workout logs, uploaded videos, essays and skills tests.

Determination of Grades

- Grades will be based on the following
 - 75% Workout Logs/Videos/Essays
 - 25% Quizzes, Skills Tests, Midterm & Final Exams (Written and Physical)

<i>Grade</i>	<i>Percentage</i>
<i>A plus</i>	<i>97 to 100%</i>
<i>A</i>	<i>93 to 96%</i>
<i>A minus</i>	<i>90 to 92%</i>

<i>Grade</i>	<i>Percentage</i>
<i>B plus</i>	<i>87 to 89 %</i>
<i>B</i>	<i>83 to 86%</i>
<i>B minus</i>	<i>80 to 82%</i>
<i>C plus</i>	<i>77 to 79%</i>
<i>C</i>	<i>73 to 76%</i>
<i>C minus</i>	<i>70 to 72%</i>
<i>D plus</i>	<i>67 to 69%</i>
<i>D</i>	<i>63 to 66%</i>
<i>D minus</i>	<i>60 to 62%</i>
<i>F</i>	<i>Below 2%</i>

KIN 54A / Beginning Taekwondo, Spring 2021, Course Schedule

The schedule is subject to change with fair notice and how the notice will be made available.

Week	Date	Topics, Readings, Assignments, Deadlines <i>(If appropriate, add extra column(s) to meet your needs.)</i>
A	1/27	Liability Forms Assignment: Liability Forms
1	2/1 -2/5	Welcome Week Assignment: Introduction
2	2/8-2/12	Introduction to Martial Arts Assignment: Training Space Quiz #1
3	2/15- 2/19	Fundamental Strikes and Blocks Week 1 Assignment: Basic Reflection
4	2/22- 2/26	Fundamental Strikes and Blocks Week 2 Assignment: Combination
5	3/1-3/5	Fundamental Strikes and Blocks Week 3 Assignment: Reflection
6	3/8-3/12	Targeting and Combinations Assignment: Week #6 Reflection Quiz #2
	3/15-3- 19	Combinations Assignment: Combo Video
7	3/22- 3/26	Poomse Week 1 Assignment: Nothing to turn in this week
8	3/29- 3/31	SPRING BREAK
9	4/5- 4/9	Poomse Week 2 Assignment: Poomse Video
10	4/12- 4/16	Midterm Week Assignment: Midterm
11	4/19- 4/23	Check in week Assignment: Live group meetings
12	4/26- 4/30	TKD Applications to Self Defense Assignment: Self Defense Combos
13	5/3-5/7	Skills testing Assignment: Skills Test
14	5/10- 5/14	Advanced Kicking Week 1 Assignment: Reflections
		Written Midterm and Finals Due: Thursday May, 20, 2021