

San José State University Kinesiology

Fall 2015, KIN 54A, Section 02 & 03, Beginning Taekwondo

Contact Information

Instructor	Bu Kwan Jang Nim Jennifer Schachner
Telephone	408-482-4961
Email	Jennifer.schachner@sjsu.edu
Office Hours	TBA and by appointment
Class Meeting Days/Time	Monday and Wednesday 12:30-1:20 (section 02) Monday and Wednesday 1:30-2:20 (section 03)

Course Description

Introduction to history, forms, techniques, practice and etiquette of the martial art of Tae Kwon Do. Techniques include basic prearranged patterns (poomse), basic kicking and combination of kicking, and basic prearranged one-step defenses.

Web Resource

Course materials may be found on the [Canvas learning management system](http://www.sjsu.edu/at/ec/canvas/) 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, skill tests, and written exams;

- Knowledge of fundamental skills, technique and rules related to beginning Taekwondo.
- Proficiency in execution of the skills covered.
- An understanding of the history, rules, strategies, current research, safety and etiquette associated with beginning Taekwondo.
- Understanding of the mental and physical benefits to be derived from beginning 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 and agility.

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.
- Demonstrate a positive change in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.

Text/Readings

There is no required text. All required reading materials are on the e-campus Canvas learning management system. In lieu of a book, a martial arts uniform and bag gloves are required. They are not available at the campus bookstore. Please check with Canvas and the instructor as to where to purchase. They may be any color.

Course Notes

- Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. Turn cell phones off and put them away for the duration of the class. Interactions with classmates and the instructor are expected to be respectful at all times. Before class has officially begun, students are expected to stretch and practice.
- For each 15 minute block that a student missed class, they will lose one daily participation point.
- NO SHOES are allowed on the mat at ANY TIME. Please remove your shoes before class.
- 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.
- There will be additional opportunities to practice outside of class by joining the Taekwondo Club. Additional information can be found on the Facebook page:
<https://www.facebook.com/groups/226355657165/>
- Students may miss 2 classes before it negatively affects your grades. Students may also make up 2 classes. See instructor on how to make up a class.
- Written Exams as well as quizzes cannot be made up unless under extreme circumstances. It is the at the discretion of the instructor.
- Drop requests will not be accepted after the SJSU drop deadline.Course Requirements and Grading Policy -

Grading Plan

60% Daily Participation in class activities
15% Weekly Online Quizzes
5% Written Midterm
10% Skills Test 1 and 2
5% Physical Final
5% Written Exam

Daily Participation will be graded as such:

3 points: Student is in full uniform (belt included), on time and participates fully in class activities

2 points: Student is on time, but not in full uniform and participates fully in class OR student is in full uniform but arrives 10-15 minutes late for class

1 point: Student is not in uniform OR student is more than 20 minutes late to class

Grading Scale used to determine letter grade for each component above.

Percentage	Equivalent Grade
97% - 100%	A plus
93% - 96%	A
90% - 92%	A minus

Percentage	Equivalent Grade
87% - 89%	B plus
83% - 86%	B
80% - 82%	B minus
77% - 79%	C plus
73% - 76%	C
70% - 72%	C minus
67% - 69%	D plus
63% - 66%	D
60% - 62%	D minus
Below 60%	F

Tests and Quizzes:

There will be weekly online quizzes through Canvas. They will be due at the end of each week and will relate to the readings and in class lessons of that week. 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. The midterm will cover all the information covered up until that point. The final will cover the entire semester.

There will two skills test during this semester. One test will be in the middle while the other will be at the end. It 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. More information will be provided, as we get closer to this time.

Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of forty-five hours over the length of the course. This would include preparing for class, participating in course activities, and completing assignments/projects. Generally this will amount to 1 hour a week outside of class.

University Policies

Dropping and Adding

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester's Catalog in the [policies section](#) at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the current [academic](#)

year calendars document at http://www.sjsu.edu/provost/services/academic_calendars/. The late drop policy is available at <http://www.sjsu.edu/aars/policies/latedrops/policy/>. Students should be aware of the current deadlines and penalties for dropping classes.

Information about the latest changes and news is available at the Advising Hub at <http://www.sjsu.edu/advising/>.

Academic Integrity

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The University's Academic Integrity policy at <http://www.sjsu.edu/senate/S07-2.htm>, requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The Student Conduct and Ethical Development website at <http://www.sjsu.edu/studentconduct/>.

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person's ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU's Academic Integrity policy at <http://www.sjsu.edu/senate/S07-2.htm> requires approval of instructors.

Note: Outings/assignments completed for another class cannot be counted for this course.

Campus Policy in Compliance with the American Disabilities Act

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. Presidential Directive 97-03 at http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf requires that students with disabilities requesting accommodations must register with the Accessible Education Center (AEC) at <http://www.sjsu.edu/aec/> to establish a record of their disability.

Accommodation to Students' Religious Holidays

San José State University shall provide accommodation on any graded class work or activities for students wishing to observe religious holidays when such observances require students to be absent from class. It is the responsibility of the student to inform the instructor, in writing, about such holidays before the add deadline at the start of each semester. If such holidays occur before the add deadline, the student must notify the instructor, in writing, at least three days before the date that he/she will be absent. It is the responsibility of the instructor to make every reasonable effort to honor the student request without penalty, and of the student to make up the work missed. See University Policy S14-7 at <http://www.sjsu.edu/senate/docs/S14-7.pdf>.

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

Date	Course Content (Assignments, Exams/Quizzes, ...)
8/24 8/26	Welcome/Intro Class requirements TKD Etiquette and Flexibility/Workout Cards
8/31 9/2	Fundamental Blocks and Strikes Fundamental Stances

Date	Course Content (Assignments, Exams/Quizzes, ...)
9/7 9/9	NO CLASS LABOR DAY Fundamental Kicks
9/14 9/16	Fundamental Kicks Knifehand Blocks and Padwork <i>Reading: Original Kwans and MA Stretching</i> QUIZ #1
9/21 9/23	Fundamental Movements Combinations (putting it all together) <i>Reading: Applied vs. Classical and Strikes and Kicks</i> QUIZ #2 UNIFORMS AND HAND PADS DUE ON 9-23
9/28 9/30	Combinations/Introductions to Pads Pad work for accuracy <i>Reading: Korean Terminology/Korean Instructors/Belt Tie</i>
10/5 10/7	Introduction to Poomse Poomse <i>Reading: Exercise, Body Composition, Muscle Strength and Endurance</i> QUIZ #3
10/12 10/14	Midterm Review MIDTERM (in class) <i>Reading: Palgae 1 and Forms</i> QUIZ #4
10/19 10/21	SKILLS TEST (in class) Other kicking and hand techniques
10/26 10/28	Sparring Combinations Distancing and Footwork <i>Reading: Step Sparring and Zones</i>
11/2 11/4	Step Sparring/Distancing Sparring Drills QUIZ #5
11/9 11/11	Step Sparring/Pad work NO CLASS- HOLIDAY QUIZ #5
11/16 11/18	Martial Arts Applications to Self Defense Martial Arts Applications to Self Defense

Date	Course Content (Assignments, Exams/Quizzes, ...)
11/23 11/25	SKILLS TEST #2 Mandatory Group Work for final presentation <i>Readings: The Exercise Effect</i> Quiz #7
11/30 12/2	Mandatory Group Work for final presentation Mandatory Group Work for final presentation
12/7	Physical Final
	For all activity classes, you will not have an outside final. Yours will be the last day of class.