

San José State University
Kinesiology
SPRING 2017, KIN 54 A Beginning Taekwondo

Contact Information

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Class Meetings & location	Section 01: M/W 3:30-4:20 Section 02: M/W 4:30-5:20 Section 03: T/TH 7:30-8:20

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](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, skills tests, and written exams,

- Knowledge of fundamental skills and techniques related to 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.

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

There are no required textbooks. All information will be provided via Canvas. In place of a textbook, a uniform and gloves will be required. See Canvas for additional information.

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. Before class has officially begun students are expected to stretch and practice.
- For each 15-minute block that a student misses class, they will lose 1 participation point. Each class is worth 3 participation points.
- Student may miss 2 classes before it negatively affects the grade.
- Additional extra credit will be announced in class.
- NO SHOES are allowed on the mat. Please remove shoes before class. Exceptions include medical conditions, but you must talk to the instructor beforehand. Socks will not be allowed unless there are grips or traction on the (yoga socks have this).
- 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 unless otherwise approved by the instructor.
- 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.
- Written exams and skills test cannot be made up except under extreme circumstances.
- Drop requests will not be accepted after the drop deadline.

Course Requirements, Assignments, and Grading

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 including daily assignments.

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 but also 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.

0 failure to complete daily assignment

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.

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
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)

Date	Course Content (Assignments, Exams/Quizzes, ...)
1/30 2/1	Welcome/Introduction/Class Requirements TKD Etiquette/Classroom Procedures
2/6 2/8	Flexibility/ Fundamentals Fundamental Blocks and Strikes <i>Reading: MA Stretching</i> QUIZ #1
2/13 2/15	Fundamental Blocks and Strikes Fundamental Blocks and Strikes <i>Reading: Korean Terminology/Korean Instructors/Belt Tie</i>
2/20 2/22	Fundamental Combos Introduction To Padwork <i>Reading: Applied vs. Classical and Strikes and Kicks</i> UNIFORMS AND HAND PADS DUE TODAY
2/27 3/1	Padwork Accuracy and Power <i>Reading: Original Kwans</i> QUIZ #2
3/6 3/8	Introduction to Poomse Poomse <i>Reading: Palgae 1 and Forms</i>
3/13 3/15	Poomse Poomse Continued/Skills Test and Midterm Review <i>Reading: Exercise, Body Composition, Muscle Strength and Endurance</i> QUIZ #3
3/20 3/22	SKILLS TEST #1 WRITTEN MIDTERM
3/27 3/29	SPRING BREAK NO CLASSES
4/3 4/5	Other Kicking and Hand Techniques Sparring Combinations <i>Reading: Step Sparring and Zones</i> QUIZ #4

Date	Course Content (Assignments, Exams/Quizzes, ...)
4/10 4/12	Sparring/Distancing/Practical Applications Sparring Drills QUIZ #5
4/17 4/19	Taekwondo applications to self defense Taekwondo applications to self defense
4/24 4/26	Catch Up Week Catch Up Week
5/1 5/3	SKILLS TEST #2 <i>Mandatory group work for final</i>
5/8 5/10	<i>Mandatory group work for final</i> <i>Mandatory group work for final</i>
5/15	Physical Final- held on the last day of class For all activity classes, you will not have an outside final. Yours will be the last day of class.