

## Tamkang University Academic Year 110, 2nd Semester Course Syllabus

Course Title	PHYSICAL EDUCATION-TAEKWONDO	Instructor	WANG FONG-JIA
Course Class	TGUPB2A PE BY INTEREST, 2A	Details	◆ General Course ◆ Required ◆ 2nd Semester
Relevance to SDGs	SDG4 Quality education		
D e p a r t m e n t a l   A i m   o f   E d u c a t i o n			
I . Enhance physical adaptability. II . Establish correct sports concept. III . Enhance sport skills. IV . Experience fun in sports participation.			
Subject Schoolwide essential virtues			
4. Moral integrity. (ratio:20.00) 6. A cheerful attitude and healthy lifestyle. (ratio:60.00) 7. A spirit of teamwork and dedication. (ratio:20.00)			
Course Introduction	The aim of the course is to introduce Taekwondo knowledge and skills. The multiple PE teaching can help students develop an accurate sports concept and a graceful personality. In addition, students will learn the spirits of respect and obedience, and form a healthy sports habit.		

**The correspondences between the course's instructional objectives and the cognitive, affective, and psychomotor objectives.**

Differentiate the various objective methods among the cognitive, affective and psychomotor domains of the course's instructional objectives.

I. Cognitive : Emphasis upon the study of various kinds of knowledge in the cognition of the course's veracity, conception, procedures, outcomes, etc.

II.Affective : Emphasis upon the study of various kinds of knowledge in the course's appeal, morals, attitude, conviction, values, etc.

III.Psychomotor: Emphasis upon the study of the course's physical activity and technical manipulation.

No.	Teaching Objectives	objective methods
1	.Teaching players to understand the history of Taekwondo, abide by the rules, and build the moral spirits of martial arts.	Cognitive
2	Improve both of the skills and utilization of strategies of attacks in Taekwondo.	Affective
3	Express the abilities of self-defense and the correct approaches of first aid of sports injuries.	Affective
4	Build habits of exercise and learn to admire performances of sports.	Psychomotor
5	Students should know correct method of sports injury and first aid.	Cognitive

**The correspondences of teaching objectives : core competences, essential virtues, teaching methods, and assessment**

No.	Core Competences	Essential Virtues	Teaching Methods	Assessment
1		467	Lecture, Discussion, Imitation	Testing, Discussion(including classroom and online), Activity Participation
2		467	Lecture, Discussion, Experience, Imitation	Testing, Discussion(including classroom and online), Activity Participation
3		467	Lecture, Publication, Experience	Testing, Discussion(including classroom and online), Activity Participation
4		467	Lecture, Discussion, Experience	Testing, Discussion(including classroom and online), Activity Participation
5		467	Lecture, Discussion, Experience	Testing, Discussion(including classroom and online), Activity Participation

Course Schedule			
Week	Date	Course Contents	Note
1	111/02/21 ~ 111/02/25	Course Introduction 2. Introduction to the sport of Taekwondo	
2	111/02/28 ~ 111/03/04	History and Development	
3	111/03/07 ~ 111/03/11	Kicking Techniques (with right back stance)	
4	111/03/14 ~ 111/03/18	Snap Kick (or front kick) – foundation of turning kick, often use in Poomsae.	
5	111/03/21 ~ 111/03/25	Turning Kick – One of the most common scoring techniques in contest.	
6	111/03/28 ~ 111/04/01	Side Kick – Can serve as a defense against most attacks.	
7	111/04/04 ~ 111/04/08	Axe Kick – Lifted above an opponent' s head and then brought down forcefully on the bridge of the nose.	
8	111/04/11 ~ 111/04/15	Back Kick(I) – Very powerful, can use as combination of turning kick or a counterattack to the turning kick.	
9	111/04/18 ~ 111/04/22	Back Kick(II) – Very powerful, can use as combination of turning kick or a counterattack to the turning kick.	
10	111/04/25 ~ 111/04/29	Midterm Exam Week	
11	111/05/02 ~ 111/05/06	Group Exercise- Turning Kick (continuous attacks)	
12	111/05/09 ~ 111/05/13	Pad step- Turning Kick	
13	111/05/16 ~ 111/05/20	Pad step- Axe Kick	
14	111/05/23 ~ 111/05/27	Pad step-Back Kick	
15	111/05/30 ~ 111/06/03	Group Exercise- Sparring (約束對練練習)	
16	111/06/06 ~ 111/06/10	Group Exercise- Sparring (約束對練練習)	
17	111/06/13 ~ 111/06/17	Basic skills test	
18	111/06/20 ~ 111/06/24	Final Exam Week	
Requirement		1. Please wear proper(sporty, active, flexible) outfits and shoes while taking the class. 2. For applying day-offs, please follow the instructions of school protocols. (1) Students with 6 times of absences will be disqualified from taking tests. (2) Students with a total hours of absence up to 1/3 of the total hours of curriculum will be given a final score of 0.	

Teaching Facility	(None)
Textbooks and Teaching Materials	
References	
Number of Assignment(s)	(Filled in by assignment instructor only)
Grading Policy	<p>◆ Attendance : 60.0 %    ◆ Mark of Usual : 30.0 %    ◆ Midterm Exam : 5.0 %</p> <p>◆ Final Exam : 5.0 %</p> <p>◆ Other &lt;   &gt; :       %</p>
Note	<p>This syllabus may be uploaded at the website of Course Syllabus Management System at <a href="http://info.ais.tku.edu.tw/csp">http://info.ais.tku.edu.tw/csp</a> or through the link of Course Syllabus Upload posted on the home page of TKU Office of Academic Affairs at <a href="http://www.acad.tku.edu.tw/CS/main.php">http://www.acad.tku.edu.tw/CS/main.php</a>.</p> <p><b>※ Unauthorized photocopying is illegal. Using original textbooks is advised. It is a crime to improperly photocopy others' publications.</b></p>