

## Tamkang University Academic Year 111, 2nd Semester Course Syllabus

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|--|--|------------|--|
| Course Title   | PHYSICAL EDUCATION-TAEKWONDO   | Instructor | WANG FONG-JIA                                    |
| Course Class   | TGUPB2B<br>PE BY INTEREST, 2B  | Details    | ◆ General Course<br>◆ Required<br>◆ 2nd Semester |
| Relevance to SDGs  | SDG3 Good health and well-being for people<br>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.<br>II . Establish correct sports concept.<br>III . Enhance sport skills.<br>IV . Experience fun in sports participation.  |  |            |  |
| Subject Schoolwide essential virtues   |  |            |  |
| 1. A global perspective. (ratio:5.00)<br>2. Information literacy. (ratio:5.00)<br>3. A vision for the future. (ratio:5.00)<br>4. Moral integrity. (ratio:20.00)<br>5. Independent thinking. (ratio:5.00)<br>6. A cheerful attitude and healthy lifestyle. (ratio:30.00)<br>7. A spirit of teamwork and dedication. (ratio:25.00)<br>8. A sense of aesthetic appreciation. (ratio:5.00) |  |            |  |

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|---------------------|---|
| 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   |                  | 126               | Lecture, Discussion, Imitation             | Testing, Discussion(including classroom and online), Activity Participation |
| 2   |                  | 357               | Lecture, Discussion, Experience, Imitation | Testing, Discussion(including classroom and online), Activity Participation |
|     |                  |                   |  |   |

|   |  |      |                                  |  |
|---|--|------|----------------------------------|--|
| 3 |  | 368  | Lecture, Publication, Experience | Testing,<br>Discussion(including<br>classroom and online),<br>Activity Participation |
| 4 |  | 46   | Lecture, Discussion, Experience  | Testing,<br>Discussion(including<br>classroom and online),<br>Activity Participation |
| 5 |  | 1257 | Lecture, Discussion, Experience  | Testing,<br>Discussion(including<br>classroom and online),<br>Activity Participation |

### Course Schedule

| Week | Date                     | Course Contents   | Note |
|------|--------------------------|---|------|
| 1    | 112/02/13 ~<br>112/02/19 | Course Introduction 2. Introduction to the sport of Taekwondo   |      |
| 2    | 112/02/20 ~<br>112/02/26 | History and Development   |      |
| 3    | 112/02/27 ~<br>112/03/05 | Kicking Techniques (with right back stance)   |      |
| 4    | 112/03/06 ~<br>112/03/12 | Snap Kick (or front kick) – foundation of turning kick, often use in Poomsae.                                 |      |
| 5    | 112/03/13 ~<br>112/03/19 | Turning Kick – One of the most common scoring techniques in contest.  |      |
| 6    | 112/03/20 ~<br>112/03/26 | Side Kick – Can serve as a defense against most attacks.  |      |
| 7    | 112/03/27 ~<br>112/04/02 | Axe Kick – Lifted above an opponent' s head and then brought down forcefully on the bridge of the nose.       |      |
| 8    | 112/04/03 ~<br>112/04/09 | Back Kick(I) – Very powerful, can use as combination of turning kick or a counterattack to the turning kick.  |      |
| 9    | 112/04/10 ~<br>112/04/16 | Back Kick(II) – Very powerful, can use as combination of turning kick or a counterattack to the turning kick. |      |
| 10   | 112/04/17 ~<br>112/04/23 | Midterm Exam Week   |      |
| 11   | 112/04/24 ~<br>112/04/30 | Group Exercise- Turning Kick (continuous attacks)   |      |
| 12   | 112/05/01 ~<br>112/05/07 | Pad step- Turning Kick  |      |
| 13   | 112/05/08 ~<br>112/05/14 | Pad step- Axe Kick  |      |
| 14   | 112/05/15 ~<br>112/05/21 | Pad step-Back Kick  |      |
| 15   | 112/05/22 ~<br>112/05/28 | Group Exercise- Sparring (約束對練練習)   |      |
| 16   | 112/05/29 ~<br>112/06/04 | Group Exercise- Sparring (約束對練練習)   |      |

|                                  |  |                   |  |
|----------------------------------|--|-------------------|--|
| 17                               | 112/06/05 ~<br>112/06/11   | Basic skills test |  |
| 18                               | 112/06/12 ~<br>112/06/18   | Final Exam Week   |  |
| Requirement                      | 1. Please wear proper(sporty, active, flexible) outfits and shoes while taking the class.<br>2. For applying day-offs, please follow the instructions of school protocols.<br>(1) Students with 6 times of absences will be disqualified from taking tests.<br>(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                   | ◆ Attendance : 70.0 %    ◆ Mark of Usual : 20.0 %    ◆ Midterm Exam : %<br>◆ Final Exam : 10.0 %<br>◆ Other < > : %  |                   |  |
| Note                             | 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> .<br><b>※ Unauthorized photocopying is illegal. Using original textbooks is advised. It is a crime to improperly photocopy others' publications.</b> |                   |  |