

Tamkang University Academic Year 112, 1st Semester Course Syllabus

| | | | |
|--|--|------------|--|
| Course Title | PHYSICAL EDUCATION-TAEKWONDO | Instructor | WANG FONG-JIA |
| Course Class | TGUPB2A PE BY INTEREST, 2A | Details | <ul style="list-style-type: none"> ◆ General Course ◆ Required ◆ 1st Semester |
| Relevance to SDGs | SDG3 Good health and well-being for people SDG4 Quality education | | |
| Departmental Aim of Education | | | |
| I. Enhance physical adaptability. II. Establish correct sports concept. III. Enhance sport skills. IV. Experience fun in sports participation. | | | |
| Subject Schoolwide essential virtues | | | |
| 1. A global perspective. (ratio:5.00) 2. Information literacy. (ratio:5.00) 3. A vision for the future. (ratio:5.00) 4. Moral integrity. (ratio:20.00) 5. Independent thinking. (ratio:5.00) 6. A cheerful attitude and healthy lifestyle. (ratio:30.00) 7. A spirit of teamwork and dedication. (ratio:25.00) 8. A sense of aesthetic appreciation. (ratio:5.00) | | | |

| | |
|----------------------------|---|
| 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 | | 123 | Lecture, Discussion, Imitation | Testing, Discussion(including classroom and online), Activity Participation |
| 2 | | 456 | Lecture, Discussion, Experience, Imitation | Testing, Discussion(including classroom and online), Activity Participation |

| | | | | |
|---|--|------|----------------------------------|--|
| 3 | | 1678 | Lecture, Publication, Experience | Testing, Discussion(including classroom and online), Activity Participation |
| 4 | | 1346 | Lecture, Discussion, Experience | Testing, Discussion(including classroom and online), Activity Participation |
| 5 | | 1457 | Lecture, Discussion, Experience | Testing, Discussion(including classroom and online), Activity Participation |

Course Schedule

| Week | Date | Course Contents | Note |
|------|--------------------------|--|------|
| 1 | 112/09/11 ~ 112/09/17 | Course Introduction 2. Introduction to the sport of Taekwondo | |
| 2 | 112/09/18 ~ 112/09/24 | History and Development | |
| 3 | 112/09/25 ~ 112/10/01 | Kicking Techniques (with right back stance) (Water Safety Awareness) | |
| 4 | 112/10/02 ~ 112/10/08 | Snap Kick (or front kick) – foundation of turning kick, often use in Poomsae. | |
| 5 | 112/10/09 ~ 112/10/15 | Turning Kick – One of the most common scoring techniques in contest. | |
| 6 | 112/10/16 ~ 112/10/22 | Side Kick – Can serve as a defense against most attacks. | |
| 7 | 112/10/23 ~ 112/10/29 | Axe Kick – Lifted above an opponent' s head and then brought down forcefully on the bridge of the nose. | |
| 8 | 112/10/30 ~ 112/11/05 | Back Kick(I) – Very powerful, can use as combination of turning kick or a counterattack to the turning kick. | |
| 9 | 112/11/06 ~ 112/11/12 | Midterm Exam Week | |
| 10 | 112/11/13 ~ 112/11/19 | Group Exercise- Turning Kick (continuous attacks) | |
| 11 | 112/11/20 ~ 112/11/26 | Group Exercise- Turning Kick (continuous attacks) | |
| 12 | 112/11/27 ~ 112/12/03 | Pad step- Turning Kick | |
| 13 | 112/12/04 ~ 112/12/10 | Pad step- Axe Kick | |
| 14 | 112/12/11 ~ 112/12/17 | Pad step-Back Kick | |
| 15 | 112/12/18 ~ 112/12/24 | Group Exercise- Sparring (約束對練練習) | |
| 16 | 112/12/25 ~ 112/12/31 | Group Exercise- Sparring (約束對練練習) | |

| | | | |
|----------------------------------|--|-----------------|--|
| 17 | 113/01/01~ 113/01/07 | Final Exam Week | |
| 18 | 113/01/08~ 113/01/14 | Make-up exam | |
| Key capabilities | | | |
| Interdisciplinary | | | |
| Distinctive teaching | | | |
| Course Content | General Courses | | |
| Requirement | <p>1. Please wear proper(sporty, active, flexible) outfits and shoes while taking the class.</p> <p>2. For applying day-offs, please follow the instructions of school protocols.</p> <p>(1) Students with 6 times of absences will be disqualified from taking tests.</p> <p>(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.</p> | | |
| Textbooks and Teaching Materials | <p>Self-made teaching materials:Presentations</p> <p>Using teaching materials from other writers:Presentations, Handouts</p> | | |
| References | | | |
| Grading Policy | <p>◆ Attendance : 70.0 % ◆ Mark of Usual : 20.0 % ◆ Midterm Exam : %</p> <p>◆ Final Exam : 10.0 %</p> <p>◆ Other < > : %</p> | | |
| Note | <p>This syllabus may be uploaded at the website of Course Syllabus Management System at http://info.ais.tku.edu.tw/csp or through the link of Course Syllabus Upload posted on the home page of TKU Office of Academic Affairs at http://www.acad.tku.edu.tw/CS/main.php.</p> <p>※ Unauthorized photocopying is illegal. Using original textbooks is advised. It is a crime to improperly photocopy others' publications.</p> | | |