

## Tamkang University Academic Year 112, 1st Semester Course Syllabus

Course Title	PHYSICAL EDUCATION-TAEKWONDO	Instructor	WANG YUAN-SHENG
Course Class	TGUPB2B PE BY INTEREST, 2B	Details	<ul style="list-style-type: none"> <li>◆ General Course</li> <li>◆ Required</li> <li>◆ 1st Semester</li> </ul>
Relevance to SDGs	SDG3 Good health and well-being for people		
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			
<ul style="list-style-type: none"> <li>I. Enhance physical adaptability.</li> <li>II. Establish correct sports concept.</li> <li>III. Enhance sport skills.</li> <li>IV. Experience fun in sports participation.</li> </ul>			
Subject Schoolwide essential virtues			
<ul style="list-style-type: none"> <li>1. A global perspective. (ratio:5.00)</li> <li>2. Information literacy. (ratio:5.00)</li> <li>3. A vision for the future. (ratio:5.00)</li> <li>4. Moral integrity. (ratio:20.00)</li> <li>5. Independent thinking. (ratio:5.00)</li> <li>6. A cheerful attitude and healthy lifestyle. (ratio:30.00)</li> <li>7. A spirit of teamwork and dedication. (ratio:25.00)</li> <li>8. A sense of aesthetic appreciation. (ratio:5.00)</li> </ul>			

<b>Course Introduction</b>	The course aims 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 spirit of respect and obedience, and form healthy sports habits.
----------------------------	--

**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	1. Teaching players to understand the history of Taekwondo, abide by the rules, and build the moral spirits of martial arts.	Cognitive
2	2. Improve both the skills and utilization of strategies of attacks in Taekwondo.	Psychomotor
3	3. Express the self-defense abilities and the correct approaches of first aid for sports injuries.	Cognitive
4	4. Build habits of exercise and learn to admire performances of sports.	Cognitive
5	5. Students should know the 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		12345678	Lecture, Discussion, Practicum, Experience	Testing, Discussion(including classroom and online), Practicum, Activity Participation

2		12345678	Lecture, Discussion, Practicum, Experience	Testing, Discussion(including classroom and online), Practicum, Activity Participation
3		567	Lecture, Discussion, Practicum, Experience	Testing, Discussion(including classroom and online), Practicum, Report(including oral and written), Activity Participation
4		567	Lecture, Discussion, Practicum, Experience	Testing, Study Assignments, Discussion(including classroom and online), Practicum, Report(including oral and written), Activity Participation
5		567	Lecture, Discussion, Practicum	Testing, Discussion(including classroom and online), Practicum, Report(including oral and written), Activity Participation

#### Course Schedule

Week	Date	Course Contents	Note
1	112/09/11 ~ 112/09/17	Course Introduction	Advocating Water Safety Issues
2	112/09/18 ~ 112/09/24	Introduction to Taekwondo basic rules and grouping based on abilities	
3	112/09/25 ~ 112/10/01	Explanation of Taekwondo sports injuries	
4	112/10/02 ~ 112/10/08	Practice of basic attacking skills	Physical Fitness Test
5	112/10/09 ~ 112/10/15	Practice of basic attacking skills	Physical Fitness Test
6	112/10/16 ~ 112/10/22	Jump front kick, flying side kick	Physical Fitness Test
7	112/10/23 ~ 112/10/29	Hand movements, comprehensive kicking skills	Physical Fitness Test
8	112/10/30 ~ 112/11/05	Comprehensive self-defense exercises	
9	112/11/06 ~ 112/11/12	Midterm Exam Week	Physical Fitness Test
10	112/11/13 ~ 112/11/19	Back kick, side kick	Physical Fitness Test
11	112/11/20 ~ 112/11/26	Turning spin kick, basic kicking techniques	Physical Fitness Test

12	112/11/27 ~ 112/12/03	Step-up back kick, basic kicking techniques	Physical Fitness Test
13	112/12/04 ~ 112/12/10	Counter-rotational kick, counter back kick	
14	112/12/11 ~ 112/12/17	Taegeuk 1 Jang	
15	112/12/18 ~ 112/12/24	Physical fitness test	
16	112/12/25 ~ 112/12/31	Technical test	
17	113/01/01 ~ 113/01/07	Final Exam Week	
18	113/01/08 ~ 113/01/14	Flex week, learning activities should be arranged.	Physical Fitness Test
Key capabilities			
Interdisciplinary			
Distinctive teaching			
Course Content	General Courses		
Requirement	<ol style="list-style-type: none"> <li>1. Dress Code: Students should wear loose sports attire, Taekwondo uniforms, Kung Fu attire, and be barefoot.</li> <li>2. The teaching schedule may be adjusted based on the actual class situation.</li> <li>3. Grading Criteria: Attendance and class participation (40%), health report (10%), technical test (50%).</li> <li>4. Prepare a 2-inch color passport-sized photo.</li> <li>5. For taking leave, please follow the school regulations: <ol style="list-style-type: none"> <li>(1) Being absent for 1 class results in a deduction of 2 points, and reaching 6 absences will result in failing the course.</li> <li>(2) Taking leave for 1 class results in a deduction of 1 point, and reaching 12 absences will result in failing the course.</li> <li>(3) When the total absence time reaches one-third of the total class hours for the subject, the semester grade will be calculated as zero.</li> <li>(4) Leave applications must be submitted one week before the list of students failing the course is submitted.</li> </ol> </li> <li>6. After the course selection is finalized, a Line group will be created for the class members.</li> <li>7. The iClass attendance system will be used for roll calls.</li> <li>8. For any matters not explicitly mentioned, the class will follow the rules and regulations set for the course.</li> </ol>		

Textbooks and Teaching Materials	Self-made teaching materials:Textbooks, Videos Using teaching materials from other writers:Textbooks, Videos
References	COMPETITIVE TAEKWONDO
Grading Policy	<p>◆ Attendance : 20.0 %    ◆ Mark of Usual : 20.0 %    ◆ Midterm Exam : %</p> <p>◆ Final Exam : 50.0 %</p> <p>◆ Other 〈Health report〉 : 10.0 %</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>