

Tamkang University Academic Year 112, 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	SDG3 Good health and well-being for people SDG5 Gender equality SDG17 Partnerships for the goals		
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			
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 course's objective is to provide an introduction to Taekwondo knowledge and skills. Through multiple Physical Education sessions, students can cultivate a precise understanding of sports and develop a poised personality. Furthermore, participants will gain insights into the values of respect and obedience, fostering the establishment of a healthy sports routine.
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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	Instructing players to comprehend the history of Taekwondo, adhere to its rules, and instill the moral principles inherent in martial arts.	Cognitive
2	Cultivate exercise habits and foster an appreciation for sporting performances.	Affective
3	Enhance proficiency in both attack skills and strategic utilization in Taekwondo.	Psychomotor

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

No.	Core Competences	Essential Virtues	Teaching Methods	Assessment
1		124	Lecture, Practicum	Practicum, Activity Participation
2		357	Lecture, Practicum	Practicum, Activity Participation
3		468	Practicum	Activity Participation

Course Schedule

Week	Date	Course Contents	Note
1	113/02/19 ~ 113/02/25	Course Introduction	

2	113/02/26 ~ 113/03/03	Explanation of Basic Taekwondo Rules and Grouping Based on Skill Levels	
3	113/03/04 ~ 113/03/10	Explanation of Taekwondo-Related Sports Injuries	
4	113/03/11 ~ 113/03/17	Basic Kicking Exercises: Forward Leg Lift and Front Kick	
5	113/03/18 ~ 113/03/24	Basic Kicking Exercises: Hanging Legs Inside and Outside, Pressing Down(Promoting water safety)	I class
6	113/03/25 ~ 113/03/31	Basic Kicking Exercises: Instep Kick (Taekwondo), Spin Kick, and Close	
7	113/04/01 ~ 113/04/07	Basic Kicking Action Exercises: Knife Side Kick (Taekwondo - Tuck, Turn, Kick, Tuck)	
8	113/04/08 ~ 113/04/14	Kick Action Exercises: Step-Step Shifting and Step-Step Spin Kicks	
9	113/04/15 ~ 113/04/21	Midterm Exam Week	
10	113/04/22 ~ 113/04/28	Kicking Action Practice: Stepping and Shifting Exercises, Stepping and Pressing Down	
11	113/04/29 ~ 113/05/05	Kick Action Practice: Stepping and Shifting Exercises, Stepping and Side Kicking Stepping and Shifting Exercises:	
12	113/05/06 ~ 113/05/12	Defensive Kicking Exercise: Counter Instep Kick	
13	113/05/13 ~ 113/05/19	Defensive Kicking Exercise: Counterattack Front Foot Instep Spin Kick	
14	113/05/20 ~ 113/05/26	Defensive Kicking Exercise: Back Kick	
15	113/05/27 ~ 113/06/02	Combination Skill Kick: Continuous Attack Action Practice	
16	113/06/03 ~ 113/06/09	Combination Skill Kicks: Continuous Counterattack Action Practice	
17	113/06/10 ~ 113/06/16	Final Exam Week (Date:113/6/11-113/6/17)	
18	113/06/17 ~ 113/06/23	Flex week, learning activities should be arranged.	
Key capabilities		self-directed learning International mobility Social Participation	
Interdisciplinary		Competency-based education 'competency exploration' sustained competency or global issues STEEP (Society, Technology, Economy, Environment, and Politics)	

Distinctive teaching	Game-based learning courses Project implementation course
Course Content	General Courses
Requirement	Requirements: 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.
Textbooks and Teaching Materials	Self-made teaching materials:Presentations, Handouts Using teaching materials from other writers:Videos
References	
Grading Policy	<p>◆ Attendance : 80.0 % ◆ Mark of Usual : 10.0 % ◆ 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>