

## Tamkang University Academic Year 112, 2nd 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>◆ 2nd 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>			

Course Introduction	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.
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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	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	113/02/19 ~ 113/02/25	Course Introduction, Water safety advocacy	Advocating Water Safety Issues
2	113/02/26 ~ 113/03/03	Introduction to Taekwondo basic rules and grouping based on abilities	
3	113/03/04 ~ 113/03/10	Explanation of Taekwondo sports injuries	
4	113/03/11 ~ 113/03/17	Practice of basic attacking skills	Physical Fitness Test
5	113/03/18 ~ 113/03/24	Practice of basic attacking skills	Physical Fitness Test
6	113/03/25 ~ 113/03/31	Jump front kick, flying side kick	Physical Fitness Test
7	113/04/01 ~ 113/04/07	Hand movements, comprehensive kicking skills	Physical Fitness Test
8	113/04/08 ~ 113/04/14	Comprehensive self-defense exercises	
9	113/04/15 ~ 113/04/21	Midterm Exam Week	Physical Fitness Test
10	113/04/22 ~ 113/04/28	Back kick, side kick	Physical Fitness Test

11	113/04/29 ~ 113/05/05	Turning spin kick, basic kicking techniques	Possible Cancellation of Class for Participation in the 113th National Intercollegiate Games
12	113/05/06 ~ 113/05/12	Step-up back kick, basic kicking techniques	Physical Fitness Test
13	113/05/13 ~ 113/05/19	Counter-rotational kick, counter back kick	
14	113/05/20 ~ 113/05/26	Taegeuk 1 Jang	
15	113/05/27 ~ 113/06/02	Physical fitness test	
16	113/06/03 ~ 113/06/09	Technical test	
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.	Physical Fitness Test
Key capabilities			
Interdisciplinary			
Distinctive teaching			
Course Content	General Courses		
Requirement	<ol style="list-style-type: none"> <li>1. Attire: Students are required to wear appropriate sportswear.</li> <li>2. Syllabus: Teaching plans may be adjusted based on actual class situations.</li> <li>3. Physical Fitness Testing: required.</li> <li>4. Grading Criteria: <ul style="list-style-type: none"> <li><input type="checkbox"/> Attendance (40%) and Participation (5%)</li> <li><input type="checkbox"/> Health Report (5%)</li> <li><input type="checkbox"/> Technical Skills Test (50%)</li> </ul> </li> <li>5. Leave Policies: <ul style="list-style-type: none"> <li><input type="checkbox"/> Absence without leave deducts 10 points from the total semester score.</li> <li><input type="checkbox"/> Leave without valid reasons deducts 5 points from the total semester score.</li> <li><input type="checkbox"/> Tardiness or early departure deducts 3 points from the total semester score.</li> <li><input type="checkbox"/> Accumulated absence (including leave) exceeding 10 hours prohibits participation in exams, resulting in a zero score for the subject's semester grade.</li> </ul> </li> <li>6. Class Participation: Active participation in sports activities is required. The use of mobile phones during class is prohibited. Non-compliance may affect course selection.</li> <li>7. Physical Contact Disclaimer: Physical contact may occur during the course. Students who cannot accept physical adjustments are advised to wear a red band for identification or choose an alternative course to avoid potential controversies related to physical contact.</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 : 40.0 %   ◆ Mark of Usual : 5.0 %   ◆ Midterm Exam : %</p> <p>◆ Final Exam : 50.0 %</p> <p>◆ Other 〈Health report〉 : 5.0 %</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>