

Tamkang University Academic Year 113, 2nd Semester Course Syllabus

Course Title	PHYSICAL EDUCATION-TAEKWONDO	Instructor	WANG FONG-JIA
Course Class	TGUPB1A PE BY INTEREST, 1A	Details	<ul style="list-style-type: none"> ◆ General Course ◆ Required ◆ One Semester ◆ 1 Credits
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 aims to introduce students to the fundamental knowledge and skills of Taekwondo. Through a series of Physical Education sessions, students will develop a clear understanding of the sport while cultivating a composed and confident character. Additionally, participants will learn the values of respect and discipline, encouraging the adoption of a healthy and consistent 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		123	Lecture, Practicum	Practicum, Activity Participation
2		456	Lecture, Practicum	Practicum, Activity Participation
3		678	Practicum	Activity Participation

Course Schedule

Week	Date	Course Contents	Note
1	114/02/17 ~ 114/02/23	Course Introduction, Classroom Guidelines Explanation, and Personal Goal Setting for the Course	

2	114/02/24 ~ 114/03/02	History of Taekwondo Development, Explanation of Basic Rules, and Discussion on Taekwondo Sports Injuries	
3	114/03/03 ~ 114/03/09	Basic Stance and Footwork Practice – Front Stance, Back Stance (70/30 Stance), Horse Stance, and Straight Punch	
4	114/03/10 ~ 114/03/16	Basic Stance and Footwork Practice - 70/30 Stance with Double Outer Block, Upper Block, Inner Block, and Knifehand	
5	114/03/17 ~ 114/03/23	Basic Kicking Movement Practice - Front Leg Lift, Front Kick (Water Safety Awareness)	I class
6	114/03/24 ~ 114/03/30	Basic Kicking Movement Practice - Inner and Outer Hook Leg, Downward Press	
7	114/03/31 ~ 114/04/06	Basic Kicking Movement Practice - Instep Roundhouse Kick	
8	114/04/07 ~ 114/04/13	Basic Kicking Movement Practice - Knife-Edge Side Kick	
9	114/04/14 ~ 114/04/20	Midterm Exam/Midterm Assessment Week (teachers can adjust the week as needed)	
10	114/04/21 ~ 114/04/27	Kicking Movement Practice - Step-Shifting Footwork Practice, Step-In Roundhouse Kick	
11	114/04/28 ~ 114/05/04	Kicking Movement Practice - Step-Shifting Footwork Practice, Step-In Roundhouse Kick	
12	114/05/05 ~ 114/05/11	Kicking Movement Practice - Step-Shifting Footwork Practice, Step-In Side Kick	
13	114/05/12 ~ 114/05/18	Defensive Kicking Movement Practice - Counter Instep Roundhouse Kick	
14	114/05/19 ~ 114/05/25	Defensive Kicking Movement Practice - Counter Front-Leg Instep Roundhouse Kick	
15	114/05/26 ~ 114/06/01	Defensive Kicking Movement Practice - Back Kick	
16	114/06/02 ~ 114/06/08	Sparring Practice (Combination Skills)	
17	114/06/09 ~ 114/06/15	Final Exam/Final Assessment Week (teachers can adjust the week as needed)	
18	114/06/16 ~ 114/06/22	Make-up Exam	
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	◆ Attendance : 80.0 % ◆ Mark of Usual : 10.0 % ◆ Midterm Exam : % ◆ Final Exam : 10.0 % ◆ Other < > : %
Note	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 . ※ Unauthorized photocopying is illegal. Using original textbooks is advised. It is a crime to improperly photocopy others' publications.