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| **Contra Costa College** |

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| **Course Outline** |

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| **Department & Number** | PE 261A | **Number of Weeks** | 18 |
| **Course Title** |  Beginning Tae Kwon Do  | **Lecture Hours By Term** |  |
| **Prerequisite** |  | **Lab Hours By Term** | 27-108 |
| **Challenge Policy**  |  | **\*Hours By Arrangement** |  |
| **Co-requisite** |  | **Units**  | .5-2 |
| **Challenge Policy**  |  |  |  |
| **Advisory** |  |

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| **\*HOURS BY ARRANGEMENT:** |  | Hours per term.  |
|  **ACTIVITIES:** (Please provide a list of the activities students will perform in order to satisfy the HBA requirement): |
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| **COURSE/CATALOG DESCRIPTION** |

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| This course teaches beginning Tae Kwon Do. The ancient Korean Martial Art is more than 2000 years old and is ‘the way of fist and foot fighting.’ It will help students to learn about the philosophy of Tae Kwon Do as a martial art and to develop patience, concentration, and attention to detail, quick reflexes, stronger spirit, humility, inner awareness, and confidence.  |

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| **COURSE OBJECTIVES:** |
| At the completion of the course the student will be able to: |

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| Demonstrate proficiency in the beginning skill level requirements, basic movements, body developments, and techniques of beginning Tae Kwon Do |
| Demonstrate proficiency in the care and use of weapons and equipment |
| Demonstrate and understanding of safety requirements in Tae Kwon Do |
| Demonstrate an understanding of the history, traditions, culture, and philosophy |
| Demonstrate the ability to articulate Japanese terminology and numerical counting in Tae Kwon Do  |
| Exhibit the etiquette, protocol, and discipline of the martial artist |
| Demonstrate knowledge of rules and regulations for contests and tournament participation |
| Develop stamina, self-confidence, and an increased level of fitness |

**INTENDED STUDENT LEARNING OUTCOMES:**

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| Demonstrate basic movements, body developments, and understanding of the basic facts of Tae Kwon Do. |
| Demonstrate knowledge of rules and regulations for contests and tournament participation.  |
| Develop stamina, self confidence, and increased level of fitness.  |

 **COURSE CONTENT (Lecture):**

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 **COURSE CONTENT (Lab):**

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| History, philosophy, culture, traditions, protocol, and teminology of Tae Kwon Do |
| Basic skills and techniques of Tae Kwon Do to include basic stance, hand techniques, blocking, kicking |
| Poomse (form) Taikuk one and two |
| Stretching, flexibility, timing, speed and conditioning in the skills and techniques |
| Safety requirements within the class and within Tae Kwon Do forms |

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| **METHODS OF INSTRUCTION:** |
| Lecture and demonstration |
| Discussion |
| Drills |
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| **INSTRUCTIONAL MATERIALS:** |

**NOTE:** To be UC/CSU transferable, the text must be dated within the last 7 years OR a statement of justification for a text beyond the last 7 years must be included.

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| Textbook Title: | Traditional Taekwondo: Core Techniques, History and Philosophy |
| Author: | Doug Cook |
| Publisher: | Ymaa Publication Center |
| Edition/Date: | 3/29/2009 |
| Textbook Reading Level: | 13.3 |
| Justification Statement: | *(For textbook beyond 7 years)* |
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| Lab Manual Title  | (*if applicable*): |
| Author: |  |
| Publisher: |  |
| Edition/Date: |  |

**OUTSIDE OF CLASS WEEKLY ASSIGNMENTS:**

Title 5, section 55002.5 establishes that a range of 48 -54hours of lecture, study, or lab work is required for one unit of credit. For each hour of lecture, students should be required to spend an additional two hours of study outside of class to earn one unit of credit.

* State mandates that sample assignments must be included on the Course Outline of Record.

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|  **Outside of Class Weekly Assignments** | **Hours per week** |

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| Weekly Reading Assignments *(Include detailed assignment below, if applicable)* | .25rillssiond demonstrationevelopments, and eased or contests and tournament participation |

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| Reading assignments from the text book and internet resources |

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| Weekly Writing Assignments *(Include detailed assignment below, if applicable)* | .25 |

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| Write essay using text book and research material notes. |

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| Weekly Math Problems *(Include detailed assignment below, if applicable)* |  |

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| Lab or Software Application Assignments *(Include detailed assignment below, if applicable)* |  |

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| Other Performance Assignments *(Include detailed assignment below, if applicable)* | .5 |

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| Practice and conditioning outside of class |

**STUDENT EVALUATION**: **(Show percentage breakdown for evaluation instruments)**

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| * Course must require use of critical thinking, college-level concepts & college-level learning skills.
* For degree credit, course requires essay writing unless that requirement would be inappropriate to the course objectives. If writing is inappropriate, there must be a requirement of problem-solving or skills demonstration.
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| 10 | **%** | Essay (If essay is not included in assessment, explain below.) |
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|  | **%** | Computation or Non-computational Problem Solving Skills |
| 33 | **%** | Skills Demonstration |
| 23 | **%** | Objective Examinations |
|  |  | Other (describe) |
| 34 | **%** | Active participation |
|  | **%** |  |
|  | **%** |  |

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|  **GRADING POLICY: (Choose LG, P/NP, or SC)** |
|  **X** | **Letter Grade** |  | **Pass / No Pass** |  | **Student Choice** |
| 90% - 100% = A  | 70% and above = Pass | 90% - 100% = A |
| 80% - 89% = B  | Below 70% = No Pass  | 80% - 89% = B |
| 70% - 79% = C  |  | 70% - 79% = C |
| 60% - 69% = D  |  | 60% - 69% = D |
| Below 60% = F  |  | Below 60% = F |
| *or* |
| 70% and above = Pass |
| Below 70% = No Pass |
| **Prepared by:** | Beth Goehring |

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| **Date:**  | S14 |

*Revised form 01/14*