

**SOUTHEAST MISSOURI STATE UNIVERSITY  
COURSE SYLLABUS**

**Department of:** Health, Human Performance and Recreation  
**Title of Course:** Tae Kwon Do

**Course No:** AT 198  
**Revised:** Spring 2005

Department Approved: September 13, 2004  
College Council Approved: October 6, 2004

**I. Catalog Description and Credit Hours:** Basic and advanced techniques of Tae Kwon Do. (1)

**II. Prerequisites:** None

**III. Course Objectives:** Upon completion of the course the student will:

- A. Demonstrate knowledge of Tae Kwon Do competition rules and terminology
- B. Demonstrate an understanding of strategies of Tae Kwon Do,
- C. Discuss the importance to Korean culture, and the creative aspects of this form of martial arts
- D. Perform the basic techniques required for advancement in rank
- E. Develop an attitude of proper respect toward arts of self-defense
- F. Practice professional ethics in dealing with other people
- F. Demonstrate and appreciation for participation in physical activity
- G. Create an atmosphere of respect, collaboration, obedience of rules, and a sense of fair play.

**IV. Expectations of Students:** Students will:

- A. Actively participate during each class period
- B. Complete all assignments and examinations
- C. Demonstrate good sportsmanship

<b>V. Course Content:</b>	<b><u>Hours</u></b>
A. Introduction to etiquette and ethics associated with practicing skills	1
B. Fundamental blocks, punches, and kicks	3
C. Application of fundamental blocks, punches, and kicks	9
D. Basic and advanced technique	4
E. Strategies of Tae Kwon Do	2
F. Rules and terminology	1
G. Tae Kwon Do and Korean Culture	3
H. Sparring	7
1. introduction and application of one step sparring	
2. rules and introduction to free sparring	
3. development of free sparring	
Total	<hr/> 30

**VI. Textbook:** None

**VII. Basis for Student Evaluation:**

A. Skill tests	70%
B. Written tests	20%
C. Participation in class activities	<u>10%</u>
	100%