

GEORGE MASON UNIVERSITY
School of Recreation, Health & Tourism
PHED 136 – 5 p1 Introduction to Tae Kwon Do (1)

Spring 2012

DAY/TIME:	1:30 pm – 2:45 pm	LOCATION:	The RAC Rm. 2002
PROFESSOR:	Dr. Chun Jae (CJ) Park	EMAIL ADDRESS:	cpark7@gmu.edu
OFFICE LOCATION:	TBD	PHONE NUMBER:	703-346-5432
OFFICE HOURS:	As Needed	FAX NUMBER:	

PREREQUISITES: None

COURSE FEE: (approximately \$50)

COURSE DESCRIPTION

A beginner level course designed to develop skills of Taekwondo and to understand culture of the Korean martial arts that predominantly emphasized kicking. Students will learn specific offensive and defensive techniques to be used against an attacker along with punching and kicking from a variety of different attacks. Students will practice basics with particular attention to safety. Students will also undergo an intensive training and conditioning routine.

COURSE OBJECTIVES

At the conclusion of the course students should be able to:

1. Discuss the history, theory and rules of Tae Kwon Do classes.
2. Explain the difference between Tae Kwon Do and other martial art forms.
3. Demonstrate the following techniques:
 - a. Eight basic kicks
 - b. Eight foot works
 - c. Eight Count attacks
 - d. One Tae Guk Form
 - e. Three one step sparring
 - f. Five prearranged sparring techniques

NATURE OF COURSE DELIVERY: FACE TO FACE

REQUIRED READINGS

Handouts to be given as necessary

CLASS INFORMATION

1. Students with injuries or pre-existing conditions that may affect performance must inform the instructor.
2. All communication will be through GMU e-mail.
3. Must wear Tae Kwon Do uniform (Dobok). It can be purchased at the beginning of the class.
4. Students will NOT wear shoes, tank tops, dresses, jeans or “cut offs” of any kind. All jewelry MUST be removed before class and stored properly.
5. Consistent attendance is necessary to develop minimum acceptable performance.

REQUIREMENTS

Lab Exercises (15%)

Quizzes (15%) – Three pop quizzes covering material taught in class

Midterm Exam (20%) – Written (5%) and practical (15%)

Final Exam (50%) – Written (10%) and practical (40%)

Mid-term and Final Exam

Mid-term will likely be given as “take home” exams. They will be handed out from the instructor, or e-mailed as attachments. The Mid-Term will be handed in on a date to be determined, which will be at the approximate middle point of the semester. Students will have several days to obtain and take the exam. The Final Exam will be administered as a demonstration last scheduled day of class. Students are required to personally attend or make other arrangements with the instructor to take the test. On the consideration that these exams would be given in-class on a specific class day, they will only be accepted on the date specified. No early hand-ins, mailings, or proxy hand-ins will be allowed. Since outside class assignments are allowed, and are based per hour on the number of credits / weekly class meetings, the taking of this test outside of class requires no more time than would be allotted for outside work. It also avails the students more class time dedicated to learning Tae Kwon Do. In the case of the final, it also allows for individual skills evaluation and grading in-class.

GRADING SCALE

A 90-100

B 80-89

C 70-79

D 60-69

F <60

COURSE OUTLINE

DATE			TOPIC	READINGS/ASSIGNMENT DUE
T	Jan	24	Introduction: rules, history, theory, and safety issues	
TH	Jan	26	Fundamental stances	
T	Jan	31	Fundamental foot works	
TH	Feb	2	Fundamental Striking skills	
T	Feb	7	Fundamental defense skills	
TH	Feb	9	Tae Guk Form	
T	Feb	14	Kicking and punching drill	
TH	Feb	16	Midterm Exam	
T	Feb	21	Kicking and punching drills with paddle	
TH	Feb	23	One step defense skills/Kicking and punching drill	

DATE			TOPIC	READINGS/ASSIGNMENT DUE
T	Feb	28	NO CLASS THANKSGIVING	
TH	Mar	1	Prearranged sparring	
T	Mar	6	Tae Guk Form	
TH	Mar	8	Final Exam	
TH				

Each class will include a brief warm-up period, stretching to increase range-of-motion and prevent injury, strengthening exercises to improve upper and lower body strength and a cool-down period. Students will be expected to maintain a minimal level of physical fitness involving cardiovascular conditioning and torso, back and abdominal strength.

This course is designed to improve health and wellness and quality of life. It is part of an increasing number of activities available through the **School of Recreation, Health & Tourism**. For further information about other courses or degree programs, please contact Dr. **Banville, Dominique** Phone: (703) 993-3579.

CORE VALUES COMMITMENT: The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles.

Student Expectations

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://academicintegrity.gmu.edu/honorcode/>].
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See <http://ods.gmu.edu/>].
- Students must follow the university policy for Responsible Use of Computing [See <http://universitypolicy.gmu.edu/1301gen.html>].
- Students are responsible for the content of university communications sent to their George Mason University email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.
- Students must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.
- Students are expected to exhibit professional behaviors and dispositions at all times.

Campus Resources

- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance [See <http://caps.gmu.edu/>].
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See <http://writingcenter.gmu.edu/>].
- For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See <http://rht.gmu.edu>].

