

**GEORGE MASON UNIVERSITY**  
**College of Education and Human Development**  
**Physical Activity for Lifetime Wellness**

**RECR 110 (001) - Tae Kwon Do: Introduction (1)**  
**1 Credit, Spring 2019**  
**10:30am - 11:45am / RAC 2002 - Fairfax Campus**

**Faculty**

**Name:** Dr. Chun Jae (CJ) Park  
**Office hours:** As Needed  
**Office location:** TBD  
**Office phone:** 703.346.5432  
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**Prerequisites/Corequisites:** None

Course Fee: Sparring gear (optional/approximately \$55)

**University Catalog 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 Overview**

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.

**Course Delivery Method:**

This is an activity-based course.

**Learner Outcomes or Objectives**

This course is designed to enable students to do the following:

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 for beginner’s level
  - b. Eight foot works for beginner’s level
  - c. Eight Count attacks for beginner’s level
  - d. One Pal Gue Form for beginner’s level
  - e. Three one step sparring for beginner’s level
  - f. Five prearranged sparring techniques for beginner’s level

## Required Texts

Handouts to be given as necessary

## Course Performance Evaluation:

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy).

### Assignments and/or Evaluation

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

Written exams are short answers and practical exams are demonstration of techniques that were thought in classes. Mid-term (written part) will 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. Practical exam will be physical demonstration of skills taught in classes. 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 self-defense skills. In the case of the final, it also allows for individual skills evaluation and grading in-class. The final will be administered in class hour. The finals will be cumulative.

### GRADING SCALE

A= 94-100	B+=88-89	C+ = 78-79	D = 60-69
A- = 90-93	B = 84-87	C = 74-77	F =0-59
	B- =80-83	C- = 70-73	

### Professional Dispositions

See <https://cehd.gmu.edu/students/polices-procedures/>

## COURSE OUTLINE

DATE			TOPIC	READINGS/ASSIGNMENT DUE
T	Jan	24	Introduction: rules, history, theory, and safety issues	
TH	Jan	29	Fundamental stances	
T	Jan	31	Fundamental foot works	
TH	Feb	5	Fundamental Striking skills	
T	Feb	7	Fundamental defense skills	
TH	Feb	12	Pal Gue Form	
T	Feb	14	Kicking and punching drill	
TH	Feb	19	Midterm Exam	
T	Feb	21	Kicking and punching drills with paddle	
TH	Feb	26	One step defense skills/Kicking and punching drill	
T	Feb	28	Kicking and punching drills with paddle	
TH	Mar	5	P rearranged sparring	Written Exam due
TH	Mar	7	Final Exam	

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

### GMU Policies and Resources for Students

#### *Policies*

- Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/> ).
- Students must follow the university policy for Responsible Use of Computing (see <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason 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 with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

### *Campus Resources*

- Support for submission of assignments to Tk20 should be directed to [tk20help@gmu.edu](mailto:tk20help@gmu.edu) or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursessupport.gmu.edu/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

**For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/students/>.**