

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 2023
10:30am - 11:45am / RAC 2002 - Fairfax Campus

Faculty

Name: Dr. Chun Jae (CJ) Park
Office hours: As Needed
Office location: Before and after class
Email address: cpark7@gmu.edu

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.
- 6.

Course Delivery Method:

This course is an activity 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, 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

Students are expected to exhibit professional behaviors and dispositions at all times.

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	Pal Gue 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	
T	Feb	28	Kicking and punching drills with paddle	
TH	Mar	2	Prearranged 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 <https://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 <https://ds.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 VIA should be directed to viahelp@gmu.edu or <https://cehd.gmu.edu/aero/assessments> . Questions or concerns regarding use of Blackboard should be directed to <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

Notice of mandatory reporting of sexual assault, sexual harassment, interpersonal violence, and stalking:

As a faculty member, I am designated as a “Non-Confidential Employee,” and must report all disclosures of sexual assault, sexual harassment, interpersonal violence, and stalking to Mason’s Title IX Coordinator per [University Policy 1202](#). If you wish to speak with someone confidentially, please contact one of Mason’s confidential resources, such as [Student Support and Advocacy Center](#) (SSAC) at 703-380-1434 or [Counseling and Psychological Services](#) (CAPS) at 703-993-2380. You may also seek assistance or support measures from Mason’s Title IX Coordinator by calling 703-993-8730, or emailing titleix@gmu.edu.

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

Mason is now partnered with TimelyMD to deliver **TimelyCare** – a new virtual mental health and well-being platform for students. The service provides 24/7 access to virtual care at no cost and augments the in-person and virtual mental health services that remain available to Mason students through Counseling and Psychological Services (CAPS) and Student Health Services (SHS).

How can students access **TimelyCare?**

Students can go to timelycare.com/gmu or directly download the **TimelyCare** app from the app store to register with their school email address. Students can then start visits from any web-enabled device – smartphone, tablet, laptop, or desktop – anywhere in the United States.

Who can use **TimelyCare?** Any enrolled Mason student.

What services are available?

- **Talk Now:** Unlimited on-demand mental health support 24/7, available to all Mason students throughout the world!
- **Health Coaching:** Unlimited access to health coaching, available to all Mason students throughout the world.
- **Scheduled counseling sessions:** Limited to 12 sessions per academic year, available to all Mason students throughout the United States. Students can choose the day, time, and mental health provider of their choice.

- **Psychiatry sessions:** Available to all Mason students throughout the United States by referral from CAPS, Student Health Services, or a **TimelyCare** counselor.
- **Self-Care Content:** Yoga and meditation sessions and group conversations

How much does a **TimelyCare visit cost?**

TimelyCare services are available at no cost to students.