**BARTON COMMUNITY COLLEGE**

**COURSE SYLLABUS**

# **GENERAL COURSE INFORMATION**

Course Number: PHED 1215

Course Title: Tae Kwon-Do II

Credit Hours: 1

Prerequisites: PHED 1214 Karate I

Division/Discipline: Academics Division/Health, Physical Education and Recreation

Course Description: Continued development of skills and techniques as learned in Tae Kwon-Do I. Beginning development of sparring and application of techniques.

# **INSTRUCTOR INFORMATION**

# **COLLEGE POLICIES**

## Students and faculty of Barton Community College constitute a special community engaged in the process of education. The College assumes that its students and faculty will demonstrate a code of personal honor that is based upon courtesy, integrity, common sense, and respect for others both within and outside the classroom.

## Plagiarism on any academic endeavors at Barton Community College will not be tolerated. The student is responsible for learning the rules of, and avoiding instances of, intentional or unintentional plagiarism. Information about academic integrity is located in the Student Handbook.

## The College reserves the right to suspend a student for conduct that is determined to be detrimental to the College educational endeavors as outlined in the College Catalog, Student Handbook, and College Policy & Procedure Manual. (Most up-to-date documents are available on the College webpage.)

## Any student seeking an accommodation under the provisions of the Americans with Disability Act (ADA) is to notify Student Support Services via email at disabilityservices@bartonccc.edu.

# **COURSE AS VIEWED IN THE TOTAL CURRICULUM**

This course will be a continuation of where Tae Kwon-Do I ended. Completion of this course will have to have the students’ continued self-discipline and intense concentration.

The course will fulfill Health, Physical Education, and Recreation activity course requirement or elective. It can be used for credit for BCCC graduation, and transfer to institutions of higher education. It is the student’s responsibility to check transferability with their prospective school.

# **ASSESSMENT OF STUDENT LEARNING**

Barton Community College is committed to the assessment of student learning and to quality education. Assessment activities provide a means to develop an understanding of how students learn, what they know, and what they can do with their knowledge. Results from these various activities guide Barton, as a learning college, in finding ways to improve student learning.

Course Outcomes, Competencies, and Supplemental Competencies

## Develop physical fitness through the art of Tae Kwon-Do

### Perform front snap, roundhouse, wheel, side and back side kicks

### Use power, attention (charyut), ready (choonbe), horse riding, back and crane stances

### Perform downward, outward, inward, and upward blocks

### Perform strikes such as closed hand punch, knife hand, spear fingers, crane hand, hammer fist, ridge hand, back knuckle

### Use Taegeuk Form #1 for one step sparring and self-defense

# **INSTRUCTOR'S EXPECTATIONS OF STUDENTS IN CLASS**

# **TEXTBOOKS AND OTHER REQUIRED MATERIALS**

# **REFERENCES**

# **METHODS OF INSTRUCTION AND EVALUATION**

# **ATTENDANCE REQUIREMENTS**

# **COURSE OUTLINE**