

**George Mason University
College of Education and Human Development
Physical Activity for Lifetime Wellness**

**RECR 110 (001) - Tae Kwon Do: Introduction (1)
1 Credit, Fall 2017
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
Email address: cpark7@gmu.edu

Prerequisites/Corequisites: None

Course Fee (approximately \$50)

University Catalog Course Description

Develop basic skills of Tae Kwon Do, a Korean martial art that predominantly emphasizes kicking.

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.

Consistent attendance is necessary to develop minimum acceptable performance

Course Delivery Method: This course will be delivered using a Face-to-Face method.

Learner Outcomes or Objectives

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

- Discuss the history, theory and rules of Tae Kwon Do classes.
- Explain the difference between Tae Kwon Do and other martial art forms.
- Demonstrate the following techniques:
 - Eight basic kicks
 - Eight foot works
 - Eight Count attacks
 - One Pal Gue Form
 - Three one step sparring
 - Five prearranged sparring techniques

Professional Standards: N/A

Required Text

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 Examination

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

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	Aug	29	Introduction: rules, history, theory, and safety issues	
TH	Aug	31	Fundamental stances	
T	Sep	3	Fundamental foot works	
TH	Sep	5	Fundamental Striking skills	
T	Sep	10	Fundamental defense skills	
TH	Sep	12	Pal Gue Form	
T	Sep	17	Kicking and punching drill	
TH	Sep	19	Midterm Exam	
T	Sep	24	Kicking and punching drills with paddle	
TH	Sep	26	One step defense skills/Kicking and punching drill	
T	Sep	31	Kicking and punching drills with paddle	
TH	Oct	3	Prearranged sparring	
T	Oct	5	Review	Written exam due
TH	Oct	12	Final Exam	

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

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: <http://cehd.gmu.edu/values/>.

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GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <http://oai.gmu.edu/the-mason-honor-code/>).
- 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 follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to 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/>.
- The Writing Center 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/>).
- The 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 Student Support & Advocacy Center staff helps students develop and maintain healthy lifestyles through confidential one-on-one support as well as through interactive programs and resources. Some of the topics they address are healthy relationships, stress management, nutrition, sexual assault, drug and alcohol use, and sexual health (see <http://ssac.gmu.edu/>). Students in need of these services may contact the office by phone at 703-993-3686. Concerned students, faculty and staff may also make a referral to express concern for the safety or well-being of a Mason student or the community by going to <http://ssac.gmu.edu/make-a-referral/>.

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

