

Beginning Tae Kwon Do Section 01

KIN 54A

Fall 2024 1 Unit(s) 08/21/2024 to 12/09/2024 Modified 08/21/2024

Contact Information

Dr. Jennifer Schachner

Email: jennifer.schachner@sjsu.edu

Office: Timpany Center

Phone: 408-924-8550

My main office is not on campus. I am always available before and after class, via zoom and by appointment.

Office Hours

Tues. & Thurs. 7:00-8:20, 8:30-9:20

YUH 208 (mat room)

Course Information

Lecture/Activity

YUH 208 (mat room)

This syllabus is used for both Section 01 and 02.

Section 01: Tuesday and Thursday from 7:30 to 8:20

Section 02: Tuesday and Thursday from 8:30 to 9:20

Course Description and Requisites

This course is focused on development of fundamental skills and knowledge related to Tae Kwon Do. Included are basic patterns (poomse), kicking and one-step defenses.

Letter Graded

* Classroom Protocols

In order to make this class successful to you and others, please be aware of the following:

- If you cannot commit to being on time to an early morning class, please consider taking a different activity class later on in the day. Be respectful to the other students arrive in time and ready to participate.
- Turn off cell phones and take out ear buds for the duration of the class. It is not safe for you or your equipment.
- Attire: Students are required to wear a martial arts uniform with the appropriate belt. Shoes are not allowed on the mat. Socks are only allowed if they are non slip.
 - Hats are not allowed to be worn with a uniform unless practicing outside. It is considered disrespectful of your training.
- If you have a pre-existing medical condition or medical problems, you should consult your physician before participating in the class. Alert the instructor of any limitations. My background is in adapted physical education specifically to martial arts so there are many ways to work around illness, injuries, disabilities etc.
- Bring water to each class and stay hydrated.
- If you are feeling sick, please either stay home or wear a face covering to class to protect others. You are allowed 2 "free" missed days per semester.

The Department of Kinesiology is committed to developing and implementing equitable curricula and teaching practices that reflect the diversity of our student body and departmental core values. The faculty strives to foster an inclusive learning environment where all students feel valued, supported, welcomed, and empowered to succeed in ALL classes. All students, inclusive of all, but not limited to ethnicities, socioeconomic and cultural backgrounds, gender identities and expressions, castes, religions, ages, sexual orientations, abilities, bodies, political affiliations, statuses, and nationalities, are encouraged to share their rich array of perspectives and experiences. KIN department faculty, staff, and students all have something of value to contribute. Everyone is expected to respect differences and demonstrate diligence in understanding how others' perspectives, behaviors, and views may be different from theirs.

🎯 Course Goals

Through the following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skills tests, quizzes and written exams:

- Knowledge of fundamental skills and techniques related to beginning Taekwondo
- proficiency and execution of the skills covered in beginning Taekwondo
- And understanding of the history, rules, strategies, current research, safety and etiquette with beginning Taekwondo
- And understanding of the mental and physical health benefits to be derived from beginning Taekwondo

Course Learning Outcomes (CLOs)

Physical Education Requirement

SJSU's physical education graduation requirement reflects the conviction that educating the whole student, both mind and body, is critical. This two-unit requirement is designed to enhance learning and student success while laying a foundation for lifelong health and well-being. Students may satisfy this requirement by taking two distinct 1-unit activity courses or by taking a single activity course of two or more units.

Physical Education Learning Outcomes

Upon successful completion of the PE requirement, students should be able to:

Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.

Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.

Identify and/or explain the benefits of physical activity as related to physical and mental health.

Course Materials

There is no book for this class.

Taekwondo/Karate Uniforms and Gloves

Taekwondo/Karate Uniforms and gloves are REQUIRED for this course.

Availability: In class via outside vendor or online

Price: varies

Uniform belts and gloves

An outside vendor (Epic Martial Arts) will have uniforms, belts and gloves available until inventory runs out. The cost is \$75 for all three and can be paid via cash (exact change only) or Venmo (link will be provided in class). IT IS NOT REQUIRED THAT YOU BUY THEM FROM THIS VENDOR.

Other options include Amazon and other online retailers. Martial arts schools may also sell student uniforms.

Color does not matter. The ones in class are black.

Course Requirements and Assignments

Physical Activity: Daily Activity and Participation

Participation points will be based on the following: showing up to class on time, wearing appropriate attire, practicing, daily skills, treating others with respect and having an open mind and positive attitude.

- Participation Points- each day students will earn 3 points by showing up to class on time and participating in class activities. Being late to class will lead to point deductions.

Written Exams and Quizzes

- Online Quizzes
 - all on canvas
 - fill in, multiple choice, matching, true/false questions
 - there are no make ups
 - no time limits
- Written Exams
 - 2 per semester that consists of a midterm and a final
 - all on canvas
 - fill in, multiple choice, matching, true/false questions
 - there are no make ups
 - no time limits

Skills Tests

Skills test will be administered in class and are peer reviewed, however instructor assigns the final grade. Specific skills will be announced before the test date.

Other

Other assignments may include workout logs, videos and essays. All will be announced or noted on the syllabus and in Canvas

✓ Grading Information

Criteria

- Points are given daily for active activity. There will be partner work, individual work and group work.
- Extra credit options may be available, please see instructor.
- There are no makes ups unless under extenuating circumstances. Each student will be able to miss 2 classes without penalty.
- Training cards will be collected daily and points will be given (by the instructor) based on student involvement and effort.

Type	Weight	Topic	Notes
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Type	Weight	Topic	Notes
Physical Exams	15	Skills tests, Physical Final	
Quizzes	10	Quizzes	
Written Exams	10	Midterm and Final	
Class Activity	65	Daily Activity in class	

University Policies

Per [University Policy S16-9 \(PDF\)](http://www.sjsu.edu/senate/docs/S16-9.pdf) (<http://www.sjsu.edu/senate/docs/S16-9.pdf>), relevant university policy concerning all courses, such as student responsibilities, academic integrity, accommodations, dropping and adding, consent for recording of class, etc. and available student services (e.g. learning assistance, counseling, and other resources) are listed on the [Syllabus Information](https://www.sjsu.edu/curriculum/courses/syllabus-info.php) (<https://www.sjsu.edu/curriculum/courses/syllabus-info.php>) web page. Make sure to visit this page to review and be aware of these university policies and resources.

Course Schedule

When	Topic	Notes
Week #1 8/22	Introduction	
Week #2 8/27 & 8/29	Introduction/Uniforms/Etiquette	Liability Waiver due on Canvas
Week #3 9/3 & 9/5	Fundamental Basics - Blocks & Punches	Quiz #1 Due on Canvas
Week #4 9/10 & 9/12	Fundamental Stances	
Week #5 9/17 & 9/19	Fundamental Kicks	Quiz #2 due on Canvas
Week #6 and #7: 9/24, 9/26, 10/1, 10/3	Pad Work & Combinations	
Week #8 10/8 & 10/10	Skills Test Week	10/8: Skills Test Review 10/10: Skills Test
Week #9 10/15 & 10/17	Midterm/Poomse	10/15: Online written midterm - NO CLASS
Week #10 10/22 & 10/24	Poomse	
Week #11 & #12 10/29 & 10/31	Advanced Techniques	Quiz #3 Due on Canvas

When	Topic	Notes
Week #12 11/12 & 11/14	Pad Work	
Week #14 11/19 & 11/21	Self Defense	
Week #15 11/19 & 11/21	Finals Practice/Thanksgiving	NO CLASS on 11/28 due to THANKSGIVING
Week #16 12/3 & 12/5	Final Prep/Physical Final	12/3: FINAL PRACTICE 12/5: IN CLASS FINAL PERFORMANCE
FINAL Section 01: May 15 at 7:15 am ONLINE		Section 01: Thursday, December 12th at 7:15 am Section 02: Monday, December 16th at 7:15