

강 의 계 획 서 (Syllabus)

* 강의과목

교과목명 (Course Name)	TAEKWONDO & KOREAN SPORTS CULTURE			언어 (Language)
	TAEKWONDO & KOREAN SPORTS CULTURE			English
과목번호-분반 (Course No.-Class)	21003986-001	수강대상 (Major)		
학점/이론/실험 (Credits/Theory/Practice)	2/1/2	요일/강의시간/강의실 (Day/Time/Classroom)		
강의종류 (Method)	실험, 실습, 실기 (Experiment&Practice)		강의유형 (Type)	

* 담당교수(Professor)

교수명 (Name)	소속 (Department)	연락처 (Personal Number)	공개전화번호 (Office Number)	E-Mail	상담시간 (Available Hours)
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1. 교과목 개요 및 교육목표(Course Description & Objective)

1) 교과목 개요(Course Description)

This class is to provide opportunities to understand and experience Korean culture through Taekwondo and compare the differences and the similarities between general sports culture and Korea-specific one as well as between general sports and martial art. It is also to help you have an insight of what sports is and where it is destined to go in the future.

2) 교육목표(Course Objective)

1. To help students experience Korean culture through Taekwondo
2. To help students understand the differences and the similarities between sports and martial art
3. To help students have opportunities to embody the spirits of Taekwondo in their daily life

2. 강의방법(Course Resources)

세미나 Seminar ()	발표 Presentation ()	질의응답 Q&A ()	초청강의 Special Lecture ()	현장답사 Field Trip ()	유인물 활용 Handouts ()	Audio/Video/TV (V)	Team Teaching (V)
토의/토론 Discussion (V)	소집단 분단수업 Small Group (V)	문제풀이 Problem Solving ()	실험/실습/ 실기 Experiment Practice (V)	사례분석 조사 Case Study ()	컴퓨터 보조학습 Computer Assisted ()	OHP/Slide ()	기타 Other ()

강의방법(기타)

3. 주교재 및 참고문헌(Main Textbooks & References)

1) 주교재(Textbook)

The Book of Teaching and Learning Taekwondo (World Taekwondo Federation, 2007) published by WTF and Jungdam Media

2) 참고문헌(Reference)

4. 지정도서(Assigned Books)

5. 학습과제(Assignments)

과제물명 Assignment	제출 횟수 (No. of Times)	제출 시기 (Due Week)	부과점수 Weighing (%)	내용 Contents	작성방법 Method
Mid-term paper	1	8	10.0	Taekwondo spirits and Olympic spirits	
Final paper	1	15	10.0	Nature of sports	

* 과제물 보충설명(Additional Explanation for assignments)

6. 평가계획(Grading Policy)

평가방법 (Method of Evaluation)	평가횟수 (No. of Times)	평가내용 (Content of Evaluation)	결과처리 (계 100%) (Weighing)
과제물	1	Mid-term and final papers	20.0

정규시험	2	Mid-term test and final test	65.0
정규시험			0.0
수시시험			0.0
수업참여도			0.0
실험/실습/실기			0.0
출석	15		15.0
기타(1)			0.0

※보충설명(Notes)

7. 수강학생의 참고사항(Consultation for Students Taking the Course)

장애학생에게는 학습 관련하여 지원을 합니다.

강의, 과제, 시험 등 학습과정에서 장애로 인하여 지원이 필요한 경우 개강 초 상담하시기 바랍니다.

Having fun is the best way of learning. Let's open our mind to have fun.

8. 강의 내용, 강의 방법, 진도계획(Weekly Schedule)

주 (Week)	강의(실험/실습/실기)내용 (Theme)	강의방법 (Method)	진도계획(페이지) 비고(Pages)
1	- Orientation and greetings - Learning basic terms of Taekwondo	Lecture and practice	
2	- The components of sports : Uncertainty/certainty, efforts, competition, etc. - Fundamentals : Fisting, punch, set stance, basic kicking & blocking	- Lecture - Practice - Powerpoint slides	
3	- Physical and mental disciplines of Taekwondo - Basics for match1 : Basic forms, skills, and applications	- Lecture - Practice - Powerpoint slides	
4	- Taekwondo as sports : Taekwondo and Olympics - Kicks1 : Front kick, roundhouse kick, front push kick	- Lecture - Powerpoint slide - Video watch - Practice	
5	- Taekwondo spirits, Olympism & fair-play - Basics for match2 : Steps, step & kick, defense practice	- Lecture - Practice - Powerpoint slide - Video watch	
6	- Sports, nowadays in Korea - Kicks2 : Side kick, back kick, hook kick, back hook kick, axe kick	- Lecture - Practice - Powerpoint slide - Video watch	
7	- Taekwondo and sports injury - Match3 : One, two and three step practice	- Lecture - Powerpoint slide - Practice	
8	- Mid-term test : Paper & pensil test and motion performance test		
9	- Practicing kick, punch and defense - Learning and experiencing a real match	- Practice - Video watch	
10	- Learning forms (Poomsae)1 : Basic forms, basic stances, basic kicks (Taegeuk 1 jang) - Symbolic system of Taekwondo	- Lecture - Practice	
11	- Learning Poomsae 2 (Taeguek 2 & 3 jangs) : Match simulation - Traditional Korean physical activities	- Practice	
12	- Self-defense1 : Basic self-defense, forward-rolling break-fall, backward-rolling break-fall, swirling break-fall - Self-defense2 : Taekwondo-applied self-defense	- Practice	
13	- Demonstration : Jump kicks, turn kicks, tile-break	- Video watch - Practice	

14	<ul style="list-style-type: none">- Review- Discussion	<ul style="list-style-type: none">- Practice- Discussion	
15	<ul style="list-style-type: none">- Final test : Physical performance test only		