**강의계획서(Syllabus)**

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| --- | --- | --- | --- | --- |
| **Course Name** | 태권도와 한국스포츠문화 | | | **Language** |
| Taekwondo & Korean sports culture | | | English |
| **Course No.-Class** | 21104326 | **Major** |  | |
| **Credits** | 2 | **Day/Time/Classroom** | Thursday/3Hours/Multicomplex Hall | |
| **Method** | Lecture & Practice | | **Type** |  |

**＊Professor**

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| --- | --- | --- | --- | --- | --- |
| **Name** | **Department** | **Personal**  **Number** | **Office Number** | **E-Mail** | **Available Hours** |
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**1. Course Description & Objective**

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| **1) Course Description** |
| This class is to provide opprtunities 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 isalso to help you have an insight of what sports is and where it is destined to go in the future. |
| **2) Course Objective** |
| 1. To help students experience Korean culture through Taekwondo/n  2. To help students understand the differences and the similarities between sports and martial art/n  3.To help students have opportunities to embody the spirits of Taekwondo in their daily life |

**2. Course Resources**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Seminar  ( ) | Presentation  ( ) | Q&A  ( ) | Lecture  ( ) | Field  Trip  ( ) | Handouts  ( ) | Audio/Video/TV  (○ ) | Team  Teaching  ( ○) |
| Discussion  (○ ) | Small Group  ( ○) | Problem  Solving  ( ) | Experiment  Practice  ( ○) | Case  Study  ( ) | Computer  Assisted  ( ) | OHP/Slide  ( ) | Other  ( ) |

**3. Main Textbooks & References**

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| **1) Textbook** |
| The Book of Teaching and Learning Taekwondo (World Taekwondo Federation, 2007) published by WTF and Jungdam Media |
| **2) Reference** |
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**4. Assignments**

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| --- | --- | --- | --- | --- | --- |
| **Assignment** | **No. of**  **Times** | **Due**  **Week** | **Weighing**  **(%)** | **Contents** | **Method** |
| Mid-term paper | 1 | 8 | 10.0 | Taekwondo spirits and Olympic spirits |  |

**5. Grading Policy**

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| --- | --- | --- | --- |
| **Method of**  **Evaluation** | **(No. of**  **Times)** | **Content of Evaluation** | **(100%)**  **(Weighing)** |
| taekwondo history | 1 |  | 10.0 |
| Mid-term test | 1 |  | 35.0 |
| Final test | 1 |  | 35.0 |
| Attitude |  |  | 5.0 |
| Attend |  |  | 15.0 |

**6. Weekly Schedule**

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| --- | --- | --- | --- |
| **Week** | **Theme** | **Method** | **Pages** |
| **1** | - Orientation and greetings/n- Learning basic terms of Taekwondo  - Physical and mental disciplines of Taekwondo/n- Basics for match1 : Basic forms, skills, and applications | -Lecture/n- Practice |  |
| **2** | - The components of sports : Uncertainty/certainty, efforts, competition, etc./n- Fundamentals : Fisting, punch, set stance, basic kicking & blocking  - Taekwondo as sports : Taekwondo and Olympics/n- Kicks1 : Front kick, roundhouse kick, front push kick | -Lecture/n- Practice |  |
| **3** | - Taekwondo spirits, Olympism & fair-play/n- Basics for match2 : Steps, step & kick, defense practice | -Lecture/n- Practice |  |
| **4** | - Sports, nowadays in Korea /n- Kicks2 : Side kick, back kick, hook kick, back hook kick, axe kick | -Lecture/n- Practice |  |
| **5** | Hiking ( Gwanak mountain) | All students go hiking |  |
| **6** | - Taekwondo and sports injury/n- Match3 : One, two and three step practice | - Lecture/n- Practice |  |
| **7** | - Mid-term test : Paper & pensil test and motion performance test |  |  |
| **8** | Visit a Taekwondo gym | All students visit the Taekwondo gym |  |
| **9** | - Practicing kick, punch and defense /n- Learning and experiencing a real match | - Practice |  |
| **10** | - Learning forms (Poomsae)1 : Basic forms, basic stances, basic kicks (Taegeuk 1 jang) /n- Symbolic system of Taekwondo | - Lecture/n- Practice |  |
| **11** | - Learning Poomsae 2 (Taeguek 2 & 3 jangs) : Match simulation/n- Traditional Korean physical activities | - Practice |  |
| **12** | - Self-defense1 : Basic self-defense, forward-rolling break-fall, backward-rolling break-fall, swirling break-fall/n- Self-defense2 : Taekwondo-applied self-defense | - Practice |  |
| **13** | - Demonstration : Jump kicks, turn kicks, tile-break | - Video watch/n- Practice |  |
| **14** | - hike or mountain climbing | - experience |  |
| **15** | - Final test : Physical performance test only |  |  |