



Course Outcome Summary

Standard Course

HPE 174 Tae Kwon Do

Course Information

Division	Health Sciences
Contact Hours	2
Theory	2
Lab Hours	30
Total Credits	1

Prerequisites ENGL 090 and RDG 090 or qualifying scores on ACT or COMPASS tests

Course Description

The purpose of this class is to introduce the student to the martial art form of Tae Kwon Do. Tae Kwon Do is a Korean martial art that literally translates into “the way of kicking and punching” with proper attitude and concentration. Students practice Tae Kwon Do to learn mind and body control through unarmed self-defense techniques, discipline, and concentration.

Course Outcomes

In order to evidence success in this course, students will be able to:

1. Identify/Recognize:
 - a. the definition of Tae Kwon Do
 - b. a brief history of Tae Kwon Do
 - c. why students practice forms
 - d. why students practice one-step sparring
 - e. 3 important principles of self-defense
 - f. school philosophy
2. Demonstrate/Practice:
 - a. basic stances
 - b. basic kicks
 - c. basic punches
 - d. basic strikes
 - e. basic joint locks
 - f. basic throws
 - g. basic breakfalls
 - h. first four sparring combinations
 - i. first form (Chon-ji)
 - j. first three one-steps
 - k. basic sparring techniques
3. Each student will be expected to commit himself to each class period physically, mentally and emotionally:
 - a. self-respect
 - b. develop confidence, discipline, concentration, control and proper spirit
 - c. respect instructor(s) and fellow classmates
 - d. follow proper protocol and school etiquette
 - e. view Tae Kwon Do as a way of life above and beyond the physical aspect of the art
 - f. understand how to approach self-defense

Date Updated: 3/17/15
By: RRiffle/KSL