

**San José State University**  
**Kinesiology**  
**Spring 2022, KIN 54 A Section 01 & 02, Beg. Taekwondo**

**Contact Information**

Instructor:	Dr. Jennifer Schachner
Office Location:	Timpany Center
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Office Hours:	7-7:30 am Tuesdays, by appointment via phone, Zoom or in person
Class Meetings & location	YUH 206 Section 01: 7:30 am Section 02: 8:30 am

**Course Description**

This course is focused on development of beginner/basic level skills and knowledge related to Taekwondo.

**Web Resource**

Course materials may be found on the e-campus [Canvas learning management system](http://www.sjsu.edu/at/ec/canvas/) at <http://www.sjsu.edu/at/ec/canvas/>. You are responsible for regularly checking the Canvas discussion board and email for information and messages. Login using your mysjsu username and password.

**Course Goals and Student Learning Objectives**

Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skills tests, and written exams,

- Knowledge of fundamental skills, technique, related to Beginning Taekwondo
- Proficiency in execution of the *Beginning Taekwondo* skills covered.
- An understanding of the history, rules, strategies, current research, safety and etiquette associated with *Beginning Taekwondo*.
- An understanding of the mental and physical health benefits to be derived from beginning Taekwondo.

- An appropriate level of proficiency in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.

### **Activity Program Learning Outcomes**

After completion of the physical activity graduation requirement, students shall 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.

### **Text/Readings**

All readings will be available on Canvas via .pdf. There is no text required for this course.

### **Course Notes**

- Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. Turn cell phone off and put away for the duration of the class. Interactions with classmates and the instructor are expected to be respectful at all times. If class has yet to begin please get on the mat and begin stretching/practicing until the instructor begins the class.
- Recording class: Instruction may be recorded. Please check with the instructor before recording a class.
- Intellectual property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor's intellectual property and cannot be shared or uploaded in any form publicly without the instructor's approval.
- If you have pre-existing medical or physical problems you should consult your physician before participating in this class and alert the instructor to any required limitations.
- Report any accidents to the instructor immediately.
- There will be opportunities to make up classes throughout the semester. They will be announced in class as they are available. Students should contact the instructor directly if they wish to make up a class.
- There are no make ups for quizzes or written exams except for extenuating circumstances.

## **Course Requirements, Assignments, and Grading**

### Tests:

- Skills Test information/explanation here: Skills test will be administered twice during the semester and dates are noted on the course calendar. They will be both peer reviewed and administered by the instructor. The instructor determines final grade on skills test.
- Written Exam/Quizzes information/explanation here: Written exams will be hosted on Canvas with no time limit for the exam/quiz.

### Assignments/Projects:

- There will be weekly online quizzes through Canvas. There are no make-ups for these quizzes so plan accordingly.
- There will be one written final and one written midterm. They will consist of fill in, multiple choice, matching and true/false questions.
- There will be two skills tests. They will be partially peer reviewed and partially instructor graded. A guide for this skills test will be provided during the semester.
- Assignments will include workout logs, uploaded videos, essays and skills tests.
- Participation points will be based on the following: showing up to class on time, wearing appropriate workout attire, practicing daily skills with an open mind and positive attitude while treating all students and instructor with respect.

## **Grading**

Explain your grading policy here. For example you could include information on:

- Points are given daily for actively participating in the class. There will be partner work (with social distancing as appropriate). In the case of remote learning, assignments will be given that equate to in class activity.
- Extra credit options may be available, please see instructor.
- There are no make ups unless under extenuating circumstances. Each student will be able to miss 2 classes per semester without penalty.
- Training Cards will be collected daily and points will be given (by the instructor) based on student involvement and effort.

### **Grading Plan -**

- 15% Skills Test 1 & 2, Physical Final (In class)
- 10% Quizzes (all on Canvas; fill in, multiple choice, matching etc.)
- 10% Written Exams (Midterm and Final; all on Canvas; fill in multiple choice, short answer, matching etc.)
- 65% Daily Activity Participation (in class)

**Grading Scale used to determine letter grade for each component above.**

**Grading Scale used to determine final course grade.**

Percentage	Equivalent Grade
97% - 100%	A+
93% - 96%	A
90% - 92%	A-
87% - 89%	B+
83% - 86%	B
80% - 82%	B-
77% - 79%	C+
73% - 76%	C
70% - 72%	C-
67% - 69%	D+
63% - 66%	D
60% - 62%	D-
below 60%	F

### **Campus Resources**

Per University Policy S16-9 (<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 web page (<https://www.sjsu.edu/curriculum/courses/syllabus-info.php>). Make sure to visit this page to review and be aware of these university policies and resources.

### **SJSU Technical Support:**

Email: [itservicedesk@sjsu.edu](mailto:itservicedesk@sjsu.edu)

Phone: (408) 924-1530<sup>SEP</sup>

Web: <https://www.sjsu.edu/it/support/service-desk/index.php>

**Course Calendar (subject to change with fair notice by announcement in class and/or email)**

<b>Week</b>	<b>Course Content (Assignments, Exams/Quizzes, ...)</b>
1/27	Welcome Week
2/1 2/3	Flexibility Fundamental Stance and Upper Body Strikes Readings: MA Stretching Liability Forms Due 2/4
2/8 2/10	Fundamental Blocks and Kicks Fundamental Blocks and Kicks Readings: Strikes and Kicks <b>Quiz #1</b>
2/15 2/17	Etiquette/Classroom Procedures Fundamental Strikes and Blocks
2/22 2/24	Pad Work Pad Work Readings: Korean Terminology and Instructor Titles/Original Kwans and History <b>Quiz #2</b>
3/1 3/3	Pad Work/Combos Pad Work/Combos Readings: Cardiovascular/Body Composition/Muscles
3/8 3/10	Poomse Poomse Readings: Forms <b>Quiz #3</b>
3/15 3/17	Poomse Skills Test and Midterm Prep
3/22 3/24	<b>SKILLS TEST #1</b> <b>WRITTEN MIDTERM Online-</b> No in class practice
3/29 3/31	<b>SPRING BREAK</b> <b>NO CLASSES</b>
4/5 4/7	Sparring Drills- Step Sparring Sparring Drills Readings: Step Sparring
4/12 4/14	Advanced Kicking Advanced Kicking Readings: Zone/Applied vs. Classical

Week	Course Content (Assignments, Exams/Quizzes, ...)
4/19 4/21	Applications to Self Defense Applications to Self Defense Readings: Self Defense <b>Quiz #4</b>
4/26 4/28	TKD Applications to Sparring TKD Applications to Sparring
5/3 5/5	Practice For Skills Test #2 <b>SKILLS TEST #2</b>
5/10 5/12	Mandatory Group Work for Final Mandatory Groups Work for Final
<b>Finals</b>	<b>Section 01: Thursday, May 19 @ 7:15 am</b> <b>Section 02: Monday, May 23@ 7:15</b>