

GEORGE MASON UNIVERSITY
School of Recreation, Health and Tourism

PHED 147 – Advanced Taekwondo (2)
Spring 2012

DAY/TIME:	TR 1:30-2:45	LOCATION:	RAC Room 2002
INSTRUCTOR:	Dr. C.J. Park	EMAIL ADDRESS:	cpark7@gmu.edu
OFFICE HOURS:	By Appointment	PHONE:	703-204-0789
		FAX NUMBER:	

PREREQUISITES: PHED 137: Intermediate Taekwondo or Permission of Instructor

COURSE DESCRIPTION:

This is an advanced level course that will continue to enhance skills of Taekwondo. Course instruction will continue to focus on the student's mental development as well as physical training.

COURSE OBJECTIVES: At the conclusion of the course students will be able to:

1. Interpret moves and strategies of Tae Kwon Do sparring into philosophical manner.
2. Name the specific movement patterns and Taekwondo punches and kicks used by advanced levels.
3. Demonstrate at least four punches and kicks at your next Gup level.
4. Demonstrate proper student-instructor relationship and etiquette for martial arts training and dojang (gym) techniques to maintain control of the training environment.
5. Develop the level of physical fitness necessary to participate in this activity.
6. Develop the team skills necessary to participate in a proper training environment for martial arts skills training.
7. Develop concentration techniques for an increase in mental focus in order to improve skillful sparring with a moving partner.

NATURE OF COURSE DELIVERY: Face-To Face

COURSE TEXT: Whang, S. C., Whang, J. C., Lee, D. S., & Saltz, B. (1999) Taekwondo: The state of the Art. New York: Broadway Books.

COURSE FEE: \$50 – For required sparring equipment

COURSE INFORMATION

1. Students with injuries or pre-existing conditions that may affect performance must inform the instructor.
2. All communication will be through GMU e-mail.
3. Due to the moderate to strenuous physical exertion required in order to obtain their rank promotion at the end of the course students must be prepared for an intense practice period each class meeting.

EVALUATION

Written Exams

The written Mid-term and Finals will be given as “take home” exams. They will be handed out by the instructor, or e-mailed as attachments. The Mid-Term will be handed at the approximate middle point of the semester. Students will have several days to obtain and take the exam. The Final Exam will be handed in two weeks prior to the due date.

Practical Exam

The Final Practical Exam will be administered as a demonstration last scheduled day of class.

REQUIREMENTS

Lab Exercises (15%)

Quizzes (15%) – Three pop quizzes covering material taught in class

Midterm Exam (20%) – Written (5%) and practical (15%)

Final Exam (50%) – Written (10%) and practical (40%)

GRADING SCALE:

90-100 A

80-89 B

70-79 C

60-69 D

< 60 F

TENTATIVE COURSE SCHEDULE

DATE			TOPIC	READINGS/ASSIGNMENT DUE
T	Mar	20	Explain how to interpret moves and sparring strategies into Philosophical manner.	
TH	Mar	22	Review fundamental techniques	
T	Mar	27	Advanced foot works	
TH	Mar	29	Advanced Striking skills	
T	Apr	3	Advanced Defense skills	
TH	Apr	5	Pal Gue Form	
T	Apr	10	Sparring drill	
TH	Apr	12	Midterm Practical Exam	Written Mid-Term exam due
T	Apr	17	Pad kicking drills	
TH	Apr	19	Free style sparring	

DATE			TOPIC	READINGS/ASSIGNMENT DUE
T	Apr	24	One step sparring	
TH	Apr	26	Foot works and shadow sparring	
T	May	1	Pal Gue Form	
TH	May	3	Final Practical exam	Final Written exam due

Note: Faculty reserves the right to alter the schedule as necessary.

Student Expectations

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://academicintegrity.gmu.edu/honorcode/>].
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See <http://ods.gmu.edu/>].
- Students must follow the university policy for Responsible Use of Computing [See <http://universitypolicy.gmu.edu/1301gen.html>].
- Students are responsible for the content of university communications sent to their George Mason University email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.
- Students must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.
- Students are expected to exhibit professional behaviors and dispositions at all times.

Campus Resources

- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance [See <http://caps.gmu.edu/>].
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See <http://writingcenter.gmu.edu/>].
- For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See <http://rht.gmu.edu/>].

CORE VALUES COMMITMENT: The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles.

