

Northern Marianas College CURRICULUM ACTION REQUEST

Effective Semester / Session: Fall 2002

Type of Action:

New
 Modification
 Cancellation

Course Alpha and Number: PE 111

Course Title: Tae Kwon Do

Reason for initiating, modifying, or canceling course, or other pertinent comment:

Tae Kwon Do as a sport is a modern method of physical education stressing the development of the student as a whole, focusing on positive mental attitudes including self-confidence, respect, self-discipline, self-control, competitive spirit, and achievement. Anecdotal evidence regarding martial arts pilot programs in school districts suggests that students develop better attitudes toward school and learning as reflected by improved grades and decreased absenteeism. Moreover, students take the positive skills learned in Tae Kwon Do and apply them in a constructive manner when dealing with peers. Even if a student never attains a black-belt, he/she will come away with a greater feeling of self-worth and confidence because of their participation in a sport emphasizing commitment to disciplined growth and a spirit of achievement.

<i>Kent C. Barnes</i>	<i>5-3-02</i>
Proposer	Date
<i>Kent C. Barnes</i>	<i>5-3-02</i>
Department Chair	Date
<i>M. J.</i>	<i>5/6/02</i>
Division Review (Dean)	Date
<i>Thomas Colton</i>	<i>5/7/02</i>
English and Format Reviewer	Date
<i>Fallie Bahlan</i>	<i>5/7/02</i>
Academic Council Chair	Date
<i>[Signature]</i>	<i>06/19/2003</i>
Dean of Academic Programs and Services	Date

Course: PE 111 Tae Kwon Do

1. **Department:** Health, Physical Education, and Athletics

2. **Purpose:**

PE 111 is designed to introduce students to the world of martial arts. Tae Kwon Do is much more than just kicking and punching. It is an ongoing test of mental and physical fitness, of stamina, perseverance, courage, and creativity. The Tae Kwon Do tradition is to impart a way of life to those who study it. It teaches self-confidence through discipline and patience. As a philosophy and a way of life, it is concerned with a better understanding of self through meditation, commitment, concentration, focus, achievement, and evaluation.

The central purpose of Tae Kwon Do is the development of human beings with sound minds and bodies who find or create peace and harmony in their lives and the world around them.

3. **Description:**

A. **Required/Recommended Textbook(s) and Related Materials:**

None

B. **Contact Hours**

1. **Lecture:**
2. **Lab:**
3. **Other:** 2 per week/ 30 per semester

C. **Credits**

1. **Number:** 1
2. **Type:** Regular Degree Credits

D. **Catalogue Course Description:**

This course is designed to introduce the student to the philosophy of the martial arts and to teach the basic techniques of Tae Kwon Do. Proper physical and mental conditioning will be taught in conjunction with learning the self-defense techniques of Tae Kwon Do. (English Proficiency Level: EN 073/074)

E. **Degree or Certificate Requirements Met by Course:**

This class fulfills the Physical Education requirement under General Education requirements for a Liberal Arts Degree.

F. **Course Activities and Design:**

The class will be taught in a gym-type facility. Activities will include instruction, demonstrations, and videotapes on Tae Kwon Do skills, fundamentals, and strategies, and health related subjects, such as nutrition, stretching and proper warming-up and cooling-down exercises. Practical instruction will entail the teaching of various Tae Kwon Do skills, and the students will practice these skills in a variety of drills. The emphasis will be placed on basic skill mechanics.

4. **Course Prerequisite(s); Concurrent Course Enrollment:**

Required English/Mathematics Proficiency Level(s)

Prerequisites: None

Concurrent Enrollment: None

English Proficiency Level: EN 073/074

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5. Estimated Cost of Course; Instructional Resources Needed:

To the Student: Tuition for a 1-credit course, physical education activity fee, necessary equipment for class participation, such as; (for men) uniform, shin-in-step pads, groin cup, and martial arts training gloves; (for women) uniform, shin-in-step pads, and martial arts training gloves; and belt rank promotion testing fee for certification of advancement.

To the College: Instructor's salary.

Instructional resources needed for this course include white board and white board markers, TV/VCR and videotaped programs and mats.

6. Method of Evaluation:

Student learning will be evaluated on the basis of class participation, attendance, fitness testing, knowledge and ability to perform the techniques taught, oral examination, and a brief written examination. NMC's letter grading and attendance policies will be followed.

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7. Course Outline:

This is a topical outline and does not necessarily indicate the sequence in which the material is presented.

- 1.0 Orange Stripe-9th GUP
 - 1.1 Warm-up routine
 - 1.2 4-way patterns 1, 2, & 3
 - 1.3 Nine basic kicks
 - 1.4 3/4 kick timing drill
 - 1.5 Combination kicks 1-5
 - 1.6 3-sparring techniques
 - 1.7 5-self-defense techniques
 - 1.8 Two-kicks, two-punches
 - 1.9 Center punch
 - 1.10 Face punch
 - 1.11 Groin punch
 - 1.12 Back fist strike
 - 1.13 Knife hand strike to side
 - 1.14 Out-to-in knife hand strike
 - 1.15 Knife hand middle block

- 2.0 Orange Belt-8th GUP
 - 2.1 Form 1 & 2
 - 2.2 No belt contacts 1-4
 - 2.3 Basic movements
 - 2.4 Combination kicks 6-12
 - 2.5 Basic one-steps 1-3
 - 2.6 1-10 self defense
 - 2.7 3-2 step (Set 1 & 2)

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8. Instructional Goals:

This course will introduce students to:

- 1.0 The way of Tae Kwon Do;
- 2.0 The limitless spirit of the martial arts;
- 3.0 Overall view of the martial arts;
- 4.0 Differences between the hard and soft styles of martial arts;
- 5.0 Philosophy of the martial arts;
- 6.0 Proper stances;
- 7.0 The controversy between sport and art;
- 8.0 Tae Kwon Do's history;
- 9.0 World Tae Kwon Do Federation and International Tae Kwon Do Federation History; and
- 10.0 Correct mental attitude to learn the martial arts.

9. Student Competencies:

Upon successful completion of this course, students will be able to:

- 1.0 Explain the way of Tae Kwon Do;
- 2.0 Explain the limitless spirit of the martial arts;
- 3.0 Describe an overall view of the martial arts;
- 4.0 Demonstrate the differences between the hard and soft styles of martial arts;
- 5.0 Explain the philosophy of the martial arts;
- 6.0 Demonstrate proper stances;
- 7.0 Explain the controversy between sport and art;
- 8.0 Delineate Tae Kwon Do's history;
- 9.0 Explain World Tae Kwon Do Federation and International Tae Kwon Do Federation history; and
- 10.0 Demonstrate and practice the correct mental attitude to learn the martial arts.

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