CASPER COLLEGE COURSE SYLLABUS

DATE: Fall, 2006

COURSE NUMBER & TITLE: PEAC 1044/1279 - INTRODUCTION TO TAEKWON DO

LECTURE HOURS: 0 LABORATORY HOURS: 2 CREDITS: 1

CLASS TIME, DAYS, ROOM: Lecture M-W 4:00-4:50 AD Gym

INSTRUCTOR INFORMATION:
NAME: DR. C. EVERT BROWN
OFFICE: LS 101
PHONE: 268-2407
EMAIL: ebrown@caspercollege.edu
OFFICE HOURS: By appointment or as posted

COURSE DESCRIPTION: Taekwon Do is a martial art that teaches the mental training and techniques of unarmed combat for self defense as well as health involving the skilled application of punches, kicks, blocks, and dodges with bare hands and feet to neutralize opponents.

GENERAL OBJECTIVES:
As a result of successful completion of this course, students shall have a general understanding of the following as they relate to Taekwon Do:
  • fundamental movements
  • self defense
  • step sparring
  • patterns

SPECIFIC OBJECTIVES (OUTCOMES)**:
Specifically, the student shall be able to demonstrate:
  • fundamentals of Taekwon Do stances and movements
  • fundamentals of kicks, punches, and blocks
  • fundamentals of three step sparring
  • the pattern Chon-Ji (Dan Gun – 1279 only)
  • fundamental facing movements

METHODOLOGY:
This course is exclusively participation oriented. Students will practice in a gym setting the various techniques. As a combative art, this training requires hands on application of those techniques. Some reading is required.

REQUIRED TEXTS, READINGS, MATERIALS:
Gym clothes appropriate for a combative art. This includes loose fitting comfortable cloths.

LAST DATE TO CHANGE TO AUDIT STATUS OR WITHDRAW WITH A "W" GRADE: 3 November 2006

EVALUATION:
Students will be graded on participation, proficiency, or a written exam. Final grade determination will be based upon 90, 80, 70, … grading scale for A, B, C, etc… respectively.

STUDENT RIGHTS AND RESPONSIBILITIES:
Please refer to the Casper College Student Conduct and Judicial Code for information concerning your rights and responsibilities as a Casper College student.
"It is the policy of Casper College to provide appropriate accommodations to any student with a documented disability. If you have a need for accommodation in this course, please make an appointment to see me at your earliest convenience."
Complaints should be addressed through the following chain of command:
  1. Instructor (Dr. Brown)
  2. Physical Education Department Chair (Angle Sharman)
  3. Life Science Division Chair (Dr. Clifford)
4. Vice President for Academic Affairs (Dr. Carmen Simone).