Term Information

Effective Term: Summer 2014
Previous Value: Summer 2013

Course Change Information

What change is being proposed? (If more than one, what changes are being proposed?)
The course to include being offered at Marion Campus

What is the rationale for the proposed change(s)?
This course was previously taught on Marion Campus and needs to be available to students again.

What are the programmatic implications of the proposed change(s)?
(e.g. program requirements to be added or removed, changes to be made in available resources, effect on other programs that use the course)?
None

Is approval of the request contingent upon the approval of other course or curricular program request? No

Is this a request to withdraw the course? No

General Information

Course Bulletin Listing/Subject Area: Kinesiology: Sport, Fitness & Health
Fiscal Unit/Academic Org: Human Development & Family Sci - D1251
College/Academic Group: Education & Human Ecology
Level/Career: Undergraduate
Course Number/Catalog: 1169.07
Course Title: Martial Arts Forms: Tae Kwon Do I
Transcript Abbreviation: Tae Kwon Do 1
Course Description: Beginning course in the Korean martial art form; includes etiquette, basic blocking, thrusting and kicking techniques, and self defense.
Semester Credit Hours/Units: Fixed: 1

Offering Information

Length Of Course: 14 Week, 7 Week, 12 Week (May + Summer)
Flexibly Scheduled Course: Never
Does any section of this course have a distance education component? No
Grading Basis: Letter Grade
Repeatable: No
Course Components: Laboratory
Grade Roster Component: Laboratory
Credit Available by Exam: No
Admission Condition Course: No
Off Campus: Sometimes
Campus of Offering: Columbus, Mansfield, Marion, Newark
Previous Value: Columbus, Mansfield, Newark
Prerequisites and Exclusions

Prerequisites/Corequisites
Exclusions Not open to students with credit for EduPAES 169.13.

Cross-Listings

Cross-Listings

Subject/CIP Code

Subject/CIP Code 31.0599
Subsidy Level General Studies Course
Intended Rank Freshman, Sophomore, Junior, Senior

Requirement/Elective Designation

Required for this unit's degrees, majors, and/or minors

Course Details

Course goals or learning objectives/outcomes

• The student will be able to demonstrate appropriate level competence in the basic knowledge and skills of Taekwondo including stances, footwork, offensive and defensive techniques.

Previous Value

Content Topic List

• Safety and injury prevention; Warm-up and stretching
• Basic stance and technique
• Front snap kick; Front kick
• Footwork; Roundhouse kick
• Review of kicks; Intro to punching skills
• Combo kicking drills I; Blocking skills
• Combo kicking drills I; Combo punching
• Self defense skill I; Side kick
• Self defense skill II; Combo punch/kick drill II
• Kick drill II; Spinning reverse kick; Combo kick drill II
• Alternating kick; Open hand technique

Attachments

• 1169.07 (Taekwondo I) 9.9.13 syllabus.doc
  (Syllabus. Owner: Shiebler, Charles L)

Comments
### Workflow Information

<table>
<thead>
<tr>
<th>Status</th>
<th>User(s)</th>
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<tr>
<td>Submitted</td>
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<td>11/15/2013 02:25 PM</td>
<td>Submitted for Approval</td>
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<tr>
<td>Approved</td>
<td>Buckworth, Janet</td>
<td>11/19/2013 12:19 PM</td>
<td>Unit Approval</td>
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<td>Achterberg, Cheryl L, Warnick, Bryan R., Odum, Sarah A., Zircher, Andrew Paul</td>
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The Ohio State University
The Department of Human Sciences
KN SFHP 1169.07 – Taekwondo I
(1 credit)

Instructor: 
Office: 
Office Hours: 
Email Address: 
Mailbox: 
SFHP Website: http://sfhp.ehe.osu.edu/
Course Website: http://carmen.osu.edu

Required Text: No text is required for this course.

Course Description

The purpose of this course is to provide the student with beginning level of knowledge and skills in beginning taekwondo. As a result the student will improve his/her general physical fitness and skill performance. Principles, techniques, safe practices and strategies of taekwondo will be taught throughout the course. This is a course for beginners; those with previous experience in taekwondo should consult with the instructor.

Note: This course includes forms of movement that will contain physical body to body contact in various ways, such as hitting, punching, kicking, jabbing, throwing, etc. However, this is an introductory course with the emphasis placed on executing proper skills and movements and not the contact itself. Excessive force, violence, or aggression are not required or expected and will not be tolerated. There may be controlled sparring, but excessive force, violence or aggression is not required or permitted at any time and will not be tolerated. Safety will be emphasized at all times.

Relationship to Other Courses

This is a basic activity course in the Sport, Fitness, and Health Program. It is open to any student at The Ohio State University. There is no prerequisite for this course.
**Course Objectives**

The student will be able to demonstrate appropriate level competence in the following:

- Learn basic knowledge/principles of Taekwondo and understand the basic culture/philosophy of Asian martial arts.
- Perform the basic stances and more advanced footwork for sparring.
- Perform the basic offensive and defensive techniques and strategies.
- Perform the basic Taegeuk form; a combination of 18 movements including blocking, punching, and kicking motions.

**Off Campus Field Experience**

This course does not have an off-campus field experience.

**TENTATIVE Topical Outline**

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
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<tbody>
<tr>
<td>Week 1</td>
<td>Course introduction; Safety and injury prevention; Basic terminology; Warm-up and stretching</td>
</tr>
<tr>
<td>Week 2</td>
<td>Basic stance and technique</td>
</tr>
<tr>
<td>Week 3</td>
<td>Front kick; front snap kick</td>
</tr>
<tr>
<td>Week 4</td>
<td>Basic footwork; Roundhouse kick</td>
</tr>
<tr>
<td>Week 5</td>
<td>Review of kicks; Introduction to punching</td>
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<tr>
<td>Week 6</td>
<td>Combo kicking drills I; Blocking skills</td>
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<tr>
<td>Week 7</td>
<td>Combo kicking drills I; Combo punching</td>
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<tr>
<td>Week 8</td>
<td>Midterm skills evaluation</td>
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<tr>
<td>Week 9</td>
<td>Self Defense skills I; Side kick</td>
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<td>Week 10</td>
<td>Self Defense skills 2; Combo punch/kick drill 2</td>
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<tr>
<td>Week 11</td>
<td>Kick drill 2; spinning reverse kick; combo kick drill 2</td>
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<td>Week 12</td>
<td>Alternating kick; Open hand technique</td>
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<td>Week 13</td>
<td>Review</td>
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<tr>
<td>Week 14</td>
<td>Final Skill Assessment; Written Exam</td>
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**No class or exam will be held for this course during final exam week.**

Students are encouraged to take advantage of the RPAC facilities to complement and enhance their in-class physical activity experience.
Course Requirements / Evaluation

Skills 35 points
Knowledge 30 points
Attendance & Participation 35 points

TOTAL POSSIBLE POINTS 100 points

Note: Participation is defined as the student’s involvement in all assigned drills and activities. It is during this time that the instructor will monitor and evaluate student progress. Based upon a 100 point total value for the course, of which 35 points are based upon participation, the following guidelines will be used for missed participation.

<table>
<thead>
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<th>Number of Class Meetings</th>
<th>Number of points deducted per non-participation</th>
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<tbody>
<tr>
<td>14</td>
<td>2.5 points</td>
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<tr>
<td>28</td>
<td>1.25 points</td>
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</table>

Grading Scale

- 93% - 100% = A
- 90% - 92% = A-
- 87% - 89% = B+
- 84% - 86% = B
- 80% - 83% = B-
- 77% - 79% = C+
- 74% - 76% = C
- 70% - 73% = C-
- 67% - 69% = D+
- 60% - 66% = D
- 0 – 59% = E

Students who have arranged through their College to take this course under the Pass/Nonpass grading option must achieve a minimum of 60% to receive a Passing (P) grade.

Classroom Policies

1. Attendance Policy

The 10% Rule
The SFHP program has a 10% absence rule. This rule recognizes that situations occur where a student may miss class during the semester. The 10% rule allows students to miss up to 10% of classes for any reason and without points being lost in the area of participation. After a student has missed 10% of the class, 3.75 points will be deducted for each absence. It is important to note that although an absence (within the 10% guideline) will not result in points being deducted, it will still count toward the total number of absences explained in the 30% rule.

The 30% Rule
As this is a laboratory-based class which centers on learning through participation in class activities, missing more than 30% of the class will result in the student earning a failing grade (i.e. receiving a final grade of ‘E’).
The following guideline will be used:

<table>
<thead>
<tr>
<th>Number of class meetings</th>
<th>Number of absences that results in an “E”</th>
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</thead>
<tbody>
<tr>
<td>14</td>
<td>Greater than 4</td>
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<tr>
<td>28</td>
<td>Greater than 8</td>
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</table>

2. Tardiness
Any combination of two tardy arrivals or leaving class early equals an absence. The instructor will determine the tardy time. Due to the potential risk of missing important safety instruction, students will be denied admittance to class if they arrive 15 minutes after the class begins.

3. Excused Absences
An excused absence means that the student will be given an opportunity to make up work that he or she missed. There are four situations, which constitute an “excused absence” from the class meeting time. They are:
   1) Students who participate in a documented University sanctioned event
   2) Students who have a documented death in the family
   3) Students who are observing a religious holiday
   4) Students who are too ill or injured to participate in class

In accordance with Faculty Rule 3335-7-15, students who will be participating in University sanctioned events must provide the instructor with a copy of the scheduled events and those classes of which will be missed. This documentation must be on University letterhead, signed by the coach/supervisor, and given to the instructor within the first two weeks of the semester. Students who have missed class due to a death in the family must provide documentation of the death (death certificate, obituary, etc.). Students who will be observing a religious holiday must provide date/event written notification to the instructor within the first two weeks of the semester. Students who are too ill or injured to participate in class must provide written documentation from a physician stating that the student cannot participate in class. Any excused absences must be made up within two weeks of the absence and the student must submit an official “SFHP Course Make Up Form.” Failure to complete an “SFHP Course Make Up Form” and the necessary activity within two weeks will result in that absence becoming an unexcused absence. The makeup form is available from the instructor. There will be no make-up of unexcused absences.

4. Dress Code
5. Attire appropriate to activity such as loose fitting shorts, t-shirt or loose fitting sweat pants must be worn. Clothing should not have any buttons, belts or zippers. There is a possibility of clothing getting torn so dress appropriately. Do not wear clothing that is already torn. Bare feet are required to participate in class however students must arrive to class wearing footwear. No jewelry, street shoes, gum or tobacco chewing is allowed.
6. Equipment Policy
The University will provide any equipment needed for class.

7. PAR-Q
Because of the potential risk associated with certain activities, all students enrolled in this course are required to complete the Physical Activity Readiness Questionnaire (PAR-Q). The student’s PAR-Q must be completed prior to their participating in any class activity. Furthermore, if any question on the PAR-Q is answered with a ‘Yes’, the student must provide additional documentation from a physician, which gives the student permission to participate in the class.

Academic Misconduct

The Ohio State University’s *Code of Student Conduct* (Section 3335-23-04) defines academic misconduct as: “Any activity that tends to compromise the academic integrity of the University, or subvert the educational process.” Examples of academic misconduct include (but are not limited to) plagiarism, collusion (unauthorized collaboration), copying the work of another student, and possession of unauthorized materials during an examination. Ignorance of the University’s *Code of Student Conduct* is never considered an “excuse” for academic misconduct.

If I suspect that a student has committed academic misconduct in this course, I am obligated by University Rules to report my suspicions to the Committee on Academic Misconduct. If COAM determines that you have violated the University’s *Code of Student Conduct* (i.e., committed academic misconduct), the sanctions for the misconduct could include a failing grade in this course and suspension or dismissal from the University. For additional information, see the Code of Student Conduct). [http://studentaffairs.osu.edu/resource_csc.asp](http://studentaffairs.osu.edu/resource_csc.asp)

ODS Statement

Any student who feels s/he may need an accommodation based on the impact of a disability should contact one of the instructors privately to discuss specific needs. The Office of Disability Services is relied upon for assistance in verifying the need for accommodations and developing accommodation strategies. Please contact the Office for Disability Services at 614-292-3307 (V) or 614-292-0901 (TDD) in room 150 Pomerene Hall to coordinate reasonable accommodations; [http://www.ods.osu.edu/](http://www.ods.osu.edu/). Please make sure that students know they will be expected to follow Americans with Disabilities Act Guidelines for access to technology.

Statement on Diversity

The College of Education and Human Ecology affirms the importance and value of diversity in the student body. Our programs and curricula reflect our multicultural society and global economy and seek to provide opportunities for students to learn more about persons who are different from them. Discrimination against any individual based upon protected status, which
TAEKWONDO I

is defined as age, color, disability, gender identity or expression, national origin, race, religion, sex, sexual orientation, or veteran status, is prohibited.

The Department of Human Sciences is committed to maintaining a community that recognizes and values the inherent worth and dignity of every person; fosters sensitivity, understanding, and mutual respect among its members; and encourages each individual to strive to reach his or her own potential. In pursuit of its goal of academic excellence, the department seeks to develop and nurture diversity, believing that it strengthens the organization, stimulates creativity, promotes the exchange of ideas, and enriches campus life. The Department of Human Sciences prohibits discrimination against any member of the department’s community on the basis of race, religion, color, sex, age, national origin or ancestry, marital status, parental status, gender identity, sexual orientation, ability status, health status, or veteran status.

Grievances and Solving Problems

According to University Policies, available from the Division of Student Affairs, if you have a problem with this class, “You should seek to resolve a grievance concerning a grade or academic practice by speaking first with the instructor or professor: Then, if necessary, with the department chairperson, college dean, and provost, in that order. Specific procedures are outlined in Faculty Rule 3335-7-23, which is available from the Office of Student Life, 208 Ohio Union.” “Grievances against graduate, research, and teaching assistants should be submitted first to the supervising instructor, then to the chairperson of the assistant’s department.”

Technology

The use of Carmen is employed in this course for receiving the syllabus, online lessons, assignment distribution and submission, quizzes and exams, and communication (via Carmen email). Web Address: www.carmen.osu.edu You will need an OSU username and password to access the site. Your password for Carmen will be the same password that you use for email, etc.