



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Taekwondo							
Course Code		REKB227		Course Level		First Cycle (Bachelor's Degree)			
ECTS Credit	4	Workload	98 (<i>Hours</i>)	Theory	2	Practice	1	Laboratory	0
Objectives of the Course		Defining Taekwondo concepts, discussing its history and general structure more closely, applying basic techniques and Poomse 1, performing general and special competition techniques and their combinations with fifty exercises, Taekwon-do as recreational and individual activities planning and helping to support different organizations with these activities.							
Course Content		To examine and apply the 11 basic techniques of Taekwondo sport, competition techniques and exercises for the theoretical and practical reinforcement of poomse 1, to learn the motoric properties required for this sport, to analyze the various competition techniques, combinations of these competition techniques, and to improve these combinations and all the exercises. how to give fun in a recreational activity.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration					
Name of Lecturer(s)									

Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	70

Recommended or Required Reading

1	Leonard.G. (2002). Uсталık. Ötesi Yayıncılık. Açıklan,B. (2003). Aikido Ders Notları. Nokta Ofset. Yamada,Y. (1996). UltimateAikido. Carol Publishing Group Edition.
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Week	Weekly Detailed Course Contents	
1	Theoretical	Introduction and history of Taekwondo
2	Practice	Introduction to taekwon-do 11 basic techniques and teaching 4 techniques in practice
3	Practice	Teaching the other 4 basic techniques in practice
4	Practice	Teaching the last 3 basic techniques, 8-movement
5	Practice	Teaching the first 9 movements that are half of Poomse 1
6	Practice	Teaching the whole of Poomse 1, demonstration of Taekwon-do competition techniques and steppes, and practical teaching of 4 techniques and steppes
7	Practice	8-motion and repetition of Poomse 1 and 4 other competition techniques and teaching
8	Intermediate Exam	midterm
9	Practice	8-way motion and repetition of Poomse 1, processing and teaching of combinations of competition techniques
10	Practice	Basic techniques, Poomse 1, repetition of competition techniques and steppes, international competition rules
11	Practice	Giving the relevant training information for the development of the motoric characteristics required for Taekwondo sport, repeating the combinations of competition techniques and steppes
12	Practice	3 Demonstration of Self Defense Technique and teaching how to use all taught movements and techniques in recreational activities
13	Practice	Designing a Taekwon-do activity for recreational purposes, (Individual)
14	Final Exam	final

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	1	2	42



Lecture - Practice	14	2	2	56
Total Workload (Hours)				98
[Total Workload (Hours) / 25*] = ECTS				4
*25 hour workload is accepted as 1 ECTS				

Learning Outcomes

1	Define Taekwondo concepts.
2	Discuss the history and general structure of Taekwondo more closely.
3	Applies the basic techniques for Taekwon-do and Poomse 1.
4	Performing general and special competition techniques and their combinations with hand exercises
5	Plans Taekwon-do in individual and group activities

Programme Outcomes (Recreation)

1	Students have comprehensive and systematic information about concepts, principles, theories, facts in disciplines related to Recreation in Recreation field and use and interpret these information in workplace
2	By specialising in certain studies of profession related to Recreation, students carry out planning and control functions in the field.
3	By using the knowledge about Recreation, students fulfil responsibilities in league with other occupational groups
4	Students carry out the recommendation and coordination functions, and plan activities related to Recreation
5	Students behave in accordance with the codes of ethics and laws and regulations related to right and liability of Recreation field.
6	Students analyse by using the known techniques related to Recreation
7	Students fulfil scientific information responsibility related to Recreation and research
8	Students develop positive behaviour and attitude towards healthy life-long sport
9	Students set an example as a model to society and colleagues with their professional identity related to Recreation field
10	Students must communicate written or verbal in some foreign languages

