



OXFORD COLLEGE OF EMORY UNIVERSITY
Division of Physical Education & Dance
PE 129, Tae Kwon Do
Spring Semester, 2001

Instructor: Dr. Nebojsa Nash Toskovic

Telephone: (770) 784-8309

E-mail: ntoskov@learnlink.emory.edu

Office Hours: M/W - 5.00 p.m. – 6.00 p.m.

T/TH – 3.30 p.m. – 4.30 p.m.

F – 2.00 p.m. – 3.00 p.m.

Also by appointment or any other time during the day if available.

I. Course Description

This course is designed to familiarize the students with basic knowledge and skills of Tae Kwon Do. The students will have the opportunity to explore variety of techniques designed for the defense purpose. The main goal of the course is to improve the overall physical fitness of the participants and to give them necessary knowledge and understanding of fitness related topics. Enhanced cardiorespiratory endurance is the primary goal and is achieved, for the most part, through dynamic Tae Kwon Do exercise. Accordingly, the short and the long-term benefits of regular physical activity will be discussed. All participants in the course will be assessed on their fitness status at the beginning and at the end of exercise program.

The traditional martial art code requires the full participation in the class time and students should be ready to commit to discipline and demanding workouts within the intensity appropriate for the beginners level. Unexcused absences will not be tolerated as this increases the risk for potential injuries.

II. Objectives

1. To develop an appreciation for Tae Kwon Do as a sport and as an art,
2. To understand potentials of Tae Kwon Do practice in promoting personal health,
3. To achieve physical fitness through positive participation,
4. To improve mental discipline and emotional equanimity,

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5. To learn self-defense skills,
6. To develop a sense of responsibility for ones self and others,
7. To develop a personal strategy for future practices according to individual potential and goals.

III. Textbook

No specific textbook is required for the course. Students are expected to take notes in the time of course related oral presentations. Assigned readings will be placed on reserve at the front desk in the library. Some test material will be given to students in the form of handouts and class instructions. Organized notes handouts, and reserve materials will be sufficient preparation for the quizzes and final exam.

IV. Dress

Students are required to purchase and to wear white Tae Kwon Do uniforms no later than the beginning of the 3rd week of classes. Failure to conform to the dress code will result in a penalty absence. Shoes are not allowed in the training room unless the student has a medical excuse. Shoes have to be left at the classroom entrance.

V. Related oral presentations

1. Health and fitness in the USA, historical review and contemporary perspectives (week 2).
2. The origins of Tae Kwon Do (week 3).
3. Place and potentials of Tae Kwon Do exercise in promoting personal health and prevention of the most common diseases (week 3).
4. Physical activity, physical fitness and Tae Kwon Do (week 3).
5. Measurable factors of physical fitness - fitness tests (week 4, 5).
6. Cardiorespiratory endurance assessment, and principles of cardiorespiratory prescription (5).
7. Training principles - overload, progression, and reversibility in Tae Kwon Do (week 6,7).
8. Modes of exercise - aerobic, anaerobic (8).
9. Types of contractions with Tae Kwon Do - isometric vs. isotonic (week 9, 10).
10. Basic anatomy of the muscles and muscle groups, types of muscle fibers (week11,12).
11. A personal strategy in choosing the appropriate exercise program for future practices according to individual potential and goals (13,14).
12. Other related topics.

VI. Course Requirements and Student Responsibilities

To attend and actively participate to the best of your abilities and according to the principles of Tae Kwon Do exercise. Students are expected to attend all classes. Two (2) absences will be allowed. Each additional absence without consent of the instructor will result in your final grade being dropped by half a letter grade.

Late arrivals will be recorded and if repeated will result in a grade penalty. Two late arrivals will count as one absence. If class has started and I have taken attendance then you are responsible for correcting your attendance record with me after class.

Extenuating Circumstances: If you find yourself in an extenuating circumstance it is your responsibility to make an appointment with me as soon as possible to discuss your situation. There are no excused absences beyond the two that are provided but make-up work may be offered at my discretion. I will not offer make-up if too much time has passed between your absence(s) and our meeting.

VII. Health/Fitness related paper

Students are expected to submit a Health/Fitness related paper no later than the 10th week of classes. Students will choose the topic of their own interest but need to get instructors approval before the midsemester break. The paper must be three to five pages long (typed, double-spaced). The topic of choice should be applicable to Tae Kwon Do exercise. The list of references should be provided following the last page of paper.

VIII. Criteria/Grade

1. Attendance 10%
2. Participation and skill test - 10%
3. Two announced quizzes – 10% (4th and 12th weeks of classes)
4. Health/Fitness related paper - 20% (10th week of classes)
5. Measurable factors of fitness – completion of fitness tests and analysis of personal scores (pre-post training) - 20% (last week of classes)
6. Final Exam - 30% (last week of classes)

IX. Grading

A = 89-100

B = 79-88

C = 70-78

D = 60-69

*All students are expected to comply and conduct themselves in accord to the dictates of The Honor Code of Oxford College of Emory University.