KINESIOLOGY 102K  
TAEKWONDO I (Section 3)  
Spring 2005

INSTRUCTOR:  
Jeong-Dae (JD) Lee  
39 IM Circle, E. Lansing, MI 48824

CLASS TIME AND LOCATION:  
Monday & Wednesday 12:40 ~ 1:30 pm, 150 IM West

CONTACT:  
Phone: 517) 432-7121  
E-mail: leejeon7@msu.edu

OFFICE HOURS:  
Wednesday 10:00 ~ 11:00 am  
Other times by appointment

COURSE DESCRIPTION:  
This course is designed to teach students basic traditional and competitive Taekwondo skills and techniques. It will also include terminology, history, rules and etiquette.

COURSE OBJECTIVES:  
1) Students will perform basic Taekwondo techniques, which include blocking, punching, kicking, forms and non-contact sparring.  
2) Students will know basic Taekwondo terminology.  
3) Students will follow Taekwondo etiquettes and competition rules.  
4) Students will demonstrate skills for a yellow belt level.

PREREQUISITES:  No prerequisite is required.

REQUIRED TEXT:  No textbook is required.

ATTIRE:  
A Taekwondo uniform (dobok) is required. To promote a safe environment, the use of jewelry, watches or other accessories in class is not allowed.

ATTENDANCE:  
1) The Department of Kinesiology has established that a student must meet the minimum attendance requirement to maximize the chances of achieving goals of a course. The minimum requirement for eligibility to pass a one-credit activity course will be attendance at 85% of the class sessions. If a student does not meet the minimum attendance requirement, that student will receive no grade.
2) Therefore, the 5th hour of absence equals to no grade for the class. Thus, students should not miss more than 4 class sessions.

3) It is expected that all students arrive to class punctually, and they must sign-in for each class period. Failure to do so will result in an absence. Tardiness beyond 10 minutes will equal one full absence. All tardy students must complete the warm-up assignment before participation in class activity.

4) Change of attire must be done prior to the class starting.

5) There are no excused absences, regardless of any circumstances.

**GRADING:**

This course is graded as Pass (P) and No Grade (NG). Grades are criterion-referenced. That is, grades will be assigned based on the percent of the total possible points that you receive on active participation, skill test, assignment, and written test. Out of the 100 % points, students should have 70 % or above to get a Pass (P). If they fall below 70%, they will receive a No Grade (NG). Here are the criteria:

<table>
<thead>
<tr>
<th>Component</th>
<th>Points</th>
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<tbody>
<tr>
<td>Active participation</td>
<td>20 points (20 %)</td>
</tr>
<tr>
<td>Skill Tests</td>
<td>40 points (40 %)</td>
</tr>
<tr>
<td>Assignment</td>
<td>20 points (20 %)</td>
</tr>
<tr>
<td>Written Test</td>
<td>20 points (20 %)</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>100 points (100 %)</strong></td>
</tr>
</tbody>
</table>

**<Active Participation>** "1" point will be deducted if a student

1) Is late to class.
2) Does not complete the assigned daily workout (due to absence, sickness, injury, or any other reasons).
3) Does not follow the class rules and etiquettes (rudeness, loafing or any other disturbing attitudes).

**<Skills Test>** Skills test will be given twice during the semester.

1) Mid-term skills test: February 28 & March 2
2) Final skills test: April 18, 20 & 25

**<Assignment>** One assignment will be given during the semester (History & philosophy of Taekwondo). The assignment is to be completed individually. The assignment must be submitted on the due date.

**<Written Test>** One written test will be taken during the last class of the semester, April 27. The test will be based on the assignment and class activities.

**<Grading Scale>**

<table>
<thead>
<tr>
<th>Points Range</th>
<th>Grade</th>
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<tbody>
<tr>
<td>70 - 100</td>
<td>P (Pass)</td>
</tr>
<tr>
<td>0 - 69.9</td>
<td>NG (No Grade)</td>
</tr>
</tbody>
</table>
**MEDICAL CONDITIONS:**
It is the student’s responsibility to inform the instructor of any medical condition that may effect their participation in the class. Medical clearance may be required.

<Contraindications>
1) Coronary heart disease or evidence of primary risk factors
2) Disorders of the lung or pulmonary system, such as asthma, emphysema, or chronic bronchitis
3) Disorders of the musculoskeletal system such as arthritis, bursitis, or tendinitis
4) Recent surgery
5) Advice from a physician not to exercise

**ACADEMIC DISHONESTY:**
Students of the university must conduct themselves in accordance with the highest standards of academic honesty and integrity. Academic dishonesty by a student will not be tolerated in activity or academic areas and will be treated in accordance with the policy in the Academic Programs Publication. Forms of academic dishonesty include falsifying attendance records for one or another student, plagiarism, and falsifying graded exam and assignment material. All incidences of academic dishonesty are construed as a serious matter and will result in an automatic 0.0 or NG for the course.

**WEBSITE & E-MAIL:**
MSU e-mail and the website, ANGEL, are to be used as the online course-management system. The access to ANGEL is as followings:

1) Connect to the Internet from MSU labs or home, and type the address, “https://angle.msu.edu”.
2) Log onto ANGEL using your MSU mail username (the part before “@msu.edu”) and your password.
3) Use the menu on the page to browse ANGEL.
4) Be sure to log off ANGEL and exit your browser.
STUDENT AGREEMENT

I, ________________________________, have read the above syllabus and understand all information stated in it. I understand that it is my responsibility to check ANGEL and my MSU e-mail frequently for grade updates and important announcements. I also understand that my attendance is my responsibility. Active participation is required in this course and I agree to fulfill this requirement.

_____________________________________                              ________________
Signature                                                                      Date