AUBURN UNIVERSITY SYLLABUS

Course Number: PHED 1630
Course Title: Tae Kwon Do
Term: Fall '19
Day/Time: Varies

 Instructor: Josh Hughes
Office Address:
Contact Information: jlh0033@auburn.edu
Office Hours: By appointment only
Secondary Contact:

Credit Hours: 2 credit hours – LECTURE 1 / LAB 2
Prerequisites: None

Texts or Major Resources:  No text for this course.
There is no required text for this section.

Course Fee:   There is a mandatory course fee of $90 due by the second week of classes. There will be **NO REFUNDS ,** late payment is accepted however a $100 late fee will be imposed if not paid by the due date.

Students wishing to purchase a uniform may do so as long as they follow instructor guidelines ($40 Avg.), students who already own a uniform discuss with instructor.

 Course payment should be made by **cash or check**  , checks should be made payable to **AUMASD**.

Course Description:

The purpose of this course is to provide the student with the knowledge and skills necessary for skilled participation in various levels of Tae Kwon Do.

Course Objectives:
After taking this course you will have  knowledge of various self defense techniques as well as techniques used in the different stages of Tae Kwon Do.

Students will be able to perform without assistance:
a.)Basic techniques for  Taekwondo. b.) Students should also develop a basic understanding of a variety of self defense tactics.

Course Content:

**TENTATIVE** (assignment due dates/exams are in bold)
Each week the class will add to our current curriculum these additions are tentative and are detailed below.

Week 1:     Introduction to class room procedure, and conduct requirements during class
**Syllabus /Classroom Procedures Quiz** (Canvas)

Week 2:     Basic Technique (Movement/Strikes) ,Course Fees Due,  Alabama Self Defense (13A-3-23)

Week 3:     Beginning Technique  (Kicks), Beginning Stance (Traditional), Group Assignments
Week 4:    Beginning Form (Traditional)

Week 5:     Review

Week 6:   Self Defense Quiz

Week 7:    **Skills Test I**

Week 8:     Begin Form 2 Techniques

Week 9:     Form 2

Week 10:     Open

Week 11:    **Test**

Week 12:    Review

Week 13:    Open

Week 14:    **Skills Test II**

Week 15:     Final Review
Week 16:    **Final Exam**
Course Requirements / Evaluation:

Item            Points        Percentage
Participation        350                  35%
4 Skills Exams    200                  20% (50 per exam)
Syllabus Quiz         50                    5%
Self Defense Quizzes    250                   20%  (5@50)
Final Exam        150                   15%
Total            1000                  100%
Syllabus Quiz - Week 1 posted on Canvas.
Skills Test - Week 7 & 14
Final Exam – A comprehensive physical assessment of concepts and techniques used in the course.

Grading Scale:
A = 100 – 90%
B = 89 – 80%
C = 79 – 70%
D = 69 – 60%
F = Below 60%

Course Policy Statements:

A. Attendance:
Physical Activity and Wellness Program Attendance Policy
The material and experiences in this class are important and if you are not in class, you cannot take an active role as a student. Class attendance and appropriate participation is paramount to your success as a student. Participation is defined as, but not limited to, “fully engaging in the course content and activities at a level that is deemed appropriate by the instructor.” Failure to appropriately participate in the course content and activities will result in a deduction of points from a student’s overall course grade. Students arriving tardy to class will lose 1 point from their final grade per offense. Unexcused absences cannot be made up and will result in a 3 point deduction from the student’s final grade per absence. Once a student has accrued five unexcused absences he/she will not be permitted to take the final examination and will receive a grade of FA (as stipulated by the Physical Activity and Wellness Program guidelines). Moreover, students who accrue eight (8) absences (excused, unexcused and/or combination of each type) will not be permitted to take the final examination and will receive a grade of FA.

B. Excused Absences:

Students are granted excused absences from class for the following reasons: illness of the student or serious illness of a member of the student’s immediate family, the death of a member of the student’s immediate family, trips for student organizations sponsored by an academic unit, trips for university classes, trips for participation in intercollegiate athletic events, subpoena for a court appearance, and religious holidays. Students who wish to have an excused absence from class for any other reason must contact the instructor in advance of the absence to request permission. The instructor will weigh the merits of the request and render a decision. When feasible, the student must notify the instructor prior to the occurrence of any excused absences, but in no case shall such notification occur more than one week after the absence. Appropriate documentation for all excused absences is required. Please refer to the Auburn University Student Policy eHandbook www.auburn.edu/studentpolicies for more information on excused absences.

C. Make-Up Policy:
Arrangement to make up missed examinations due to properly authorized excused absences must be initiated by the student within one week from the end of the period of the excused absences. Except in unusual circumstances, such as continued absence of the student or the advent of University holidays, a make-up exam will take place within two weeks from the time that the student initiates arrangements for it. Except in extraordinary circumstances, no make-up exams will be arranged during the last three days before the final exam period begins. The format of the make-up exam will be as specified by the instructor. If the student fails to follow these instructions the excused absence in question will be calculated as an unexcused absence.

Dress Code :
Each student should come to class dressed in proper aerobic attire, this should include long aerobic pants or taekwondo style pants ( leggings, shorts or yoga pants are acceptable). **NO** blue jeans, khaki or dress pants. Until uniforms or class t-shirts are acquired no shirts should consist of vulgar, drug/alcohol or political statements. **ALL** jewelry ( unless medically required ) should be removed before class begins. Students shall either be barefoot or may wear Taekwondo shoes as specified by instructor, **NO** shoes should be worn during training for safety purposes. Failure to adhere to this policy will result in participation point deduction.

Participation
Participation - **requires students be dressed appropriately and FULLY take part in daily activities and exercises. Participation will be graded based on instructor observation,** **participation begins when the student enters the room.**
Course Contingency: If normal class and/or lab activities are disrupted due to illness, emergency, or crisis situation, the syllabus and other course plans and assignments may be modified to allow completion of the course. If this occurs, an addendum will be made to your syllabus and/or course assignments will replace the original material. **Students will be contacted via email regarding any class cancellations PAY ATTENTION TO YOUR EMAIL!**

Inclement Weather: In case of inclement weather, check your Auburn email account for alternative class location and/or assignments.

9. Academic Honesty Policy:

All portions of the Auburn University student academic honesty code (Title XII) found in the Auburn University Student Policy eHandbook www.auburn.edu/studentpolicies will apply to this class. All academic honesty violations or alleged violations of the SGA Code of Laws will be reported to the Office of the Provost, which will then refer the case to the Academic Honesty Committee. **\*\*Note , pulling any attendance card other than your own, will result in disciplinary action under this policy\*\***

10. Disability Accommodations:

Students who need accommodations are asked to electronically submit their approved accommodations through AU Access and to arrange a meeting during office hours the first week of classes, or as soon as possible if accommodations are needed immediately. If you have a conflict with my office hours, an alternate time can be arranged. To set up this meeting, please contact me by e-mail. If you have not established accommodations through the Office of Accessibility, but need accommodations, make an appointment with the Office of Accessibility, 1228 Haley Center, 844-2096 (V/TT).