

# HHPA 182 : TAE KWON DO

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## Transcript title

Tae Kwon Do

## Credits

1

## Grading mode

Standard letter grades

## Total contact hours

30

## Other hours

30

## Course Description

A martial art form that if properly performed, improves cardiovascular endurance, muscular strength, and flexibility. Instruction includes techniques of self-defense, proper Tae Kwon Do etiquette, and a cultural introduction of Dojang.

## Course learning outcomes

1. Explain the relationship between human behavior and health.
2. Engage regularly in skills development, safety practices, and fundamentals of Tae Kwon Do to develop overall physical fitness and enhance sport activities.
3. Improve cardiovascular fitness, muscular endurance, and flexibility.
4. Recite the rules and etiquette of the Dojang.
5. Explain the impact of Korean culture on martial arts history.
6. Apply self defense techniques in relation to a variety of situations.
7. Recite the Student Creed and explain the benefits of applying them to everyday life.

## Content outline

Intro to tae kwon do Blocks, stances, kick drills Poomsae form Sparring introduction and strategies Self defense activities Tuite form

## Required materials

Appropriate equipment will be highlighted and discussed in the first class. Equipment must be provided by the student.

## General education/Related instruction lists

- Health