



MASTER COURSE OUTLINE

A. PHED 1121 Tae Kwon Do – Karate and Self-Defense

B. COURSE DESCRIPTION:

This course is a means of self-defense through a martial art form from Korea, Tae Kwon Do. Students will learn techniques consisting of blocks, strikes, kicks, locks, sweeps and throws for unarmed combat and self-defense. This holistic form of exercise also provides excellent self-control, confidence and mental discipline.

(1 Cr – 0 lect, 1 lab)

C. *Core Theme: Critical Thinking

D. RIVERLAND INSTITUTIONAL LEARNING OUTCOMES:

This course addresses the following Riverland Institutional Learning Outcome(s):

- ILO 1: critical thinking (*Core Theme Goal 2*)
- ILO 2: awareness of the larger global community (*Core Theme Goal 7 or 8*)
- ILO 3: ethical, engaged citizenship (*Core Theme Goal 9 or Goal 10*)
- ILO 4: communication and collaboration (*Discipline Goal 1 and by any learning outcome(s) involving communication or collaboration*)

E. MAJOR CONTENT AREAS:

- Basics of Martial arts and Tae Kwon Do
- Basic unarmed combat techniques in a static environment
- Theories and principles of martial arts and self-defense
- Chang Hun form series
- Basic Tae Kwon Do terminology

F. GOAL TYPES, OBJECTIVES, AND OUTCOMES:

<u>GOAL</u>	<u>OBJECTIVES</u>	<u>OUTCOMES</u>
<u>*Critical Thinking</u>	Students will be able to gather factual information and apply it to a given problem in a manner that is relevant, clear, comprehensive, and conscious of possible bias in the information selected.	1. apply critical thinking to appropriate self-defense and the maneuvers of martial arts.
<u>CS</u>	improve flexibility and range of motion.	1. perform various stretches to improve flexibility.
<u>CS</u>	demonstrate first belt level of the Chang-Hun form series.	1. test out on first belt level Chang-Hun form. 2. understand terminology as it's applied to Tae Kwon Do and Martial Arts.

<u>CS</u>	demonstrate blocking, striking, and kicking techniques for fitness and self-defense.	1. apply learned skills for fitness and self-defense at appropriate times during activity.
<u>CS</u>	develop knowledge of the discipline behind the martial arts skills learned.	1. demonstrate respect and understanding of the discipline of martial arts.

G. SPECIAL INFORMATION:

This course may require use of the Internet, the submission of electronically prepared documents and the use of a course management software program. Students who have a disability and need accommodations should contact Accessibility Services at the beginning of the semester. This information will be made available in alternative format, such as Braille, large print, or current media, upon request.

H. COURSE CODING INFORMATION:

Course Code D/Class Maximum 30; Letter Grade

Revision date: 10/05/10;03/18/18; 03/24/28

AASC Approval date: 04/17/18;04/16/24

*These five MnTC Goals have been identified as Riverland Community College Core Themes. Every course in the Riverland Community College curriculum shall meet outcomes from one of these themes.

**These five MnTC Goals have been identified as Riverland Community College Disciplines. Riverland’s MnTC courses also shall meet outcomes from a Discipline Area.

NOTE: The Minnesota Transfer Curriculum “10 Goal Areas of Emphasis” are reflected in the five required discipline areas and five core themes noted in the Riverland Community College program of study guide and/or college catalog.

*Riverland Community College Core Themes	MnTC Goal Number
Critical Thinking (CT)	2
Human Diversity (HD)	7
Global Perspective (GP)	8
Ethical and Civic Responsibility (EC)	9
People and the Environment (PE)	10

**Riverland Community College Discipline Areas	MnTC Goal Number
Communication (CM)	1
Natural Sciences (NS)	3
Mathematics/Logical Reasoning (MA)	4
History and the Social & Behavioral Sciences (SS)	5
Humanities and Fine Arts (HU)	6