

COURSE OUTLINE TAEKWONDO COACHING AND TRAINING

1. GENERAL

SCHOOL	PHYSICAL EDUCATION, SPORT SCIENCE AND OCCUPATIONAL THERAPY		
DEPARTMENT	PHYSICAL EDUCATION AND SPORT SCIENCE		
LEVEL OF STUDIES	ISCED level 6 – Bachelor's or equivalent level		
COURSE CODE	C023	SEMESTER	3 rd
COURSE TITLE	TAEKWONDO COACHING AND TRAINING		
TEACHING ACTIVITIES <i>If the ECTS credits are distributed in distinct parts of the course e.g. lectures, lab set c. If the ECTS credits are awarded to the whole course, then please indicate the teaching hours per week and the corresponding ECTS Credits.</i>		TEACHING HOURS PER WEEK	ECTS CREDITS
		2	3
<i>Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.</i>			
COURSE TYPE <i>Background, General Knowledge, Scientific Area, Skill Development</i>	Skill Development		
PREREQUISITES:	No		
TEACHING & EXAMINATION LANGUAGE:	Greek English (Erasmus students)		
COURSE OFFERED TO ERASMUS STUDENTS:	Yes		
COURSE URL:			

2. LEARNING OUTCOMES

Learning Outcomes <i>Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.</i>	
<p>Upon successful completion of the course, students will be able to:</p> <ul style="list-style-type: none"> • <i>know and understand the regulations of the sport of Taekwondo.</i> • <i>perform the basic skills of the individual technique of the sport at a satisfactory level.</i> • <i>know the basic principles of teaching the sport.</i> 	
General Skills <i>Name the desirable general skills upon successful completion of the module</i>	
<i>Search, analysis and synthesis of data and information, ICT Use Adaptation to new situations Decision making Autonomous work Teamwork Working in an international environment Working in an interdisciplinary environment Production of new research ideas</i>	<i>Project design and management Equity and Inclusion Respect for the natural environment Sustainability Demonstration of social, professional and moral responsibility and sensitivity to gender issues Critical thinking Promoting free, creative and inductive reasoning</i>

3. COURSE CONTENT

1. <i>Competition movements – Basic stances</i>
2. <i>Competition technique: oblique strikes</i>

3. *Confrontation*
4. *Competition technique: front strikes*
5. *Competition technique: punch*
6. *Adaptation of the competition techniques of strikes and punch to the use of protective equipments*
7. *Self defense types*
8. *Virtual confrontation – learning procedure*
9. *Typical self defense*
10. *Target combat [competition strikes]*
11. *Free competitive application upon protective equipment*
12. *Rules, organization*
13. *Video.*

4. LEARNING & TEACHING METHODS – EVALUATION

TEACHING METHOD <i>Face to face, Distance learning, etc.</i>	This course includes 13 two-hour lectures on topics related to motor learning theories and applications. Practice with theory incorporated		
USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT) <i>Use of ICT in Teaching, in Laboratory Education, in Communication with students</i>	Use of ICT in Teaching		
TEACHING ORGANIZATION <i>The ways and methods of teaching are described in detail.</i> <i>Lectures, Seminars, Laboratory Exercise, Field Exercise, Bibliographic research & analysis, Tutoring, Internship (Placement), Clinical Exercise, Art Workshop, Interactive learning, Study visits, Study / creation, project, creation, project. Etc.</i> <i>The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards</i>	Activity	Workload/semester	
	Lectures	26	
	Field Exercise	25	
	Study and individual works	11	
	Interactive learning and analysis of digital material	13	
	Total	75	
STUDENT EVALUATION <i>Description of the evaluation process</i>	<ul style="list-style-type: none"> • Practical examination 50% 		

<p><i>Assessment Language, Assessment Methods, Formative or Concluding, Multiple Choice Test, Short Answer Questions, Essay Development Questions, Problem Solving, Written Assignment, Essay / Report, Oral Exam, Presentation in audience, Laboratory Report, Clinical examination of a patient, Artistic interpretation, Other/Others</i></p> <p><i>Please indicate all relevant information about the course assessment and how students are informed</i></p>	<ul style="list-style-type: none"> • Theory examination 40% • Essay 10%
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5. SUGGESTED BIBLIOGRAPHY

1. Kechagias Dimitris. *SELF DEFENSE* . Telethron. Athens, 2004, ISBN-13: 978960841049

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Dimitrios Kechagias
Contact details:	dkechagi@phyed.duth.gr
Supervisors:	NO
Evaluation methods:	Written examination with distance learning methods
Implementation Instructions:	<p>The examination in the course will be carried out in subgroups of users in the e-class, depending on the number of participants in the course, on the day according to the examination program announced by the Secretariat.</p> <p>The exam will be conducted through Teams. The link will be sent to students via e-class exclusively to the institutional accounts of those who have registered for the course and have learned the terms of distance methods.</p> <p>Students will have to log in to the examination room through their institutional account, otherwise they will not be able to participate. They will also take part in the examination with a camera, which they will have open during the examination. Before the start of the exam, students will show their identity to the camera, so that they can be identified.</p> <p>Each student should answer multiple choice questions, free text development, critical thinking. Each of the questions is graded from 0.5 to 2.0 points depending on the question category.</p>