COURSE OUTLINE METHODOLOGICAL DEVELOPMENT OF THE TECHNIQUE IN TAEKWONDO

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	C676	**SEMESTER**	5
COURSE TITLE	METHODOLOGICAL DEVELOPMENT OF THE TECHNIQUE IN TAEKWONDO		

TEACHING ACTIVITIES *If the ECTS Credits are distributed in distinct parts of the course e.g. lectures, labs etc. If the ECTS Credits are awarded to the whole course, then please indicate the teaching hours per week and the corresponding ECTS Credits.*	**TEACHINGH OURS PER WEEK**	**ECTS CREDITS**
	3	6
Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.		

COURSE TYPE *Background, General Knowledge, Scientific Area, Skill Development*	SKILL DEVELOPMENT
PREREQUISITES:	YES
TEACHING & EXAMINATION LANGUAGE:	GREEK ENGLISH (ERASMUS STUDENTS)
COURSE OFFERED TO ERASMUS STUDENTS:	YES
COURSE URL:	

2. LEARNING OUTCOMES

Learning Outcomes
Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.

Upon successful completion of the course, participants will be able to:

- *complete the basic competition techniques of front and front-oblique strikes in connection with the punch and their conjunction with different kinds of movements.*
- *acquire the skills related to the first two levels of pounse, as well as the methodology in teaching the basic self-defense techniques at the stage of green belt.*
- *acquire the knowledge and application of the rules serves as target of the course.*

General Skills
Name the desirable general skills upon successful completion of the module

Search, analysis and synthesis of data and information, ICT Use	*Project design and management*
Adaptation to new situations	*Equity and Inclusion*
Decision making	*Respect for the natural environment*
Autonomous work	*Sustainability*
Teamwork	*Demonstration of social, professional and moral responsibility and sensitivity to gender issues*
Working in an international environment	
Working in an interdisciplinary environment	*Critical thinking*
Production of new research ideas	*Promoting free, creative and inductive reasoning*

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- *Promoting free, creative and inductive reasoning*

3. COURSE CONTENT

1. *Historical retrospective account of the development of the sport.*
2. *Basic fighting steps.*
3. *Technique analysis of the fighting frontal kick Ap-chagi.*
4. *Technical analysis of the basic repelling techniques.*
5. *Technique analysis of the fighting sidelong and frontal kick Paldum-chagi. Combination of the two fighting kicks with the punch technique.*
6. *Technical analysis of the first simulated confrontation [1st Poomse].*
7. *First execution forms of the standard self-defense [Habon – Kirugi].*
8. *Analysis of the mechanisms of basic [simple] movements.*
9. *Fighting steps with side long evasions. Passage to counter-attack.*
10. *Technical learning of the kick Mireo-chagi [repelling technique].*
11. *Consolidation of the technical execution of the 1st Poomse in free style simulated confrontation.*
12. *Standard self-defense with emphasis on avoidance.*
13. *Simulation of fighting steps and attack. Analysis of the fighting technique – vertical kick Naerio-chagi.*
14. *Learning of the simulated confrontation of the 2nd Poomse.*
15. *Fighting steps with emphasis on the element of surprise.*
16. *Combined execution of standard self-defense resulting in a fall.*
17. *Consolidation of the technical execution of the 2nd Poomse in free style simulated confrontation Practice of the fighting techniques on a training target.*
18. *Technical analysis of the rotating Kick Dwit-chagi.*
19. *Analysis of the structure of self-defensive self-protection.*
20. *Fighting steps with the aim being the counter – attack.*
21. *The practice of the fighting techniques of kicks and punches on a training sack.*
22. *Practical self-defense implementation [Habon – kirugi]. With emphasis on frontal attacks.*
23. *Combination of training target and training sack during the practice of fighting kicks and punches. First technical enforcement of kicks and punches on the protective equipment.*
24. *Combination of fighting kicks in relation to movement. Composite self-defensive self-protection with emphasis on the reception of a frontal attack from the opponent.*

25. *Combination of training target and protective equipment during the execution of kicks and punches.*

26. *Fighting steps emphasizing deceptive simulation before the indication of offensive technique.*

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD *Face to face, Distance learning, etc..*	Face to face Lectures and practical applications as well as distance learning
USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT) *Use of ICT in Teaching, in Laboratory Education, in Communication with students*	Use of ICT in Teaching

TEACHING ORGANIZATION

The ways and methods of teaching are described in detail.
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.

The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards..

Activity	*Workload/semester*
Lectures	39
Field Exercise	50
Study and individual works	30
Interactive learning and analysis of digital material	31
Total	150

STUDENT EVALUATION

Description of the evaluation process

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

Please indicate all relevant information about the course assessment and how students are informed

1. Practical examination 50%
2. Theory examination 40%
3. Essay 10%

5. SUGGESTED BIBLIOGRAPHY

1. *Kechagias Dimitris. The Taekwondo simulated confrontation. Telethrion. Athens, 2004.*

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	**Dimitrios Kechagias E.E.P.** D.P.E.S.S. – D.U.T.H.
Contact details:	dkechagi@phyed.duth.gr
Supervisors: (1)	NO

Evaluation methods: (2)	Written examination with distance learning methods
Implementation Instructions: (3)	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. 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. 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. 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.