

COURSE OUTLINE TECHNICAL AND TACTICAL APPROACH TO COMPETITIVE 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	C677	SEMESTER	5
COURSE TITLE	TECHNICAL AND TACTICAL APPROACH TO COMPETITIVE TAEKWONDO		
TEACHING ACTIVITIES <i>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.</i>		TEACHING HOURS PER WEEK	ECTS CREDITS
		3	6
<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>	SCIENTIFIC AREA, SKILL DEVELOPMENT SPECIALIZATION		
PREREQUISITES:	YES		
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, participants will be able to:</p> <ul style="list-style-type: none"> • <i>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.</i> • <i>analyze the mechanisms of specialized [composite] movements</i> • <i>know the variations in the implementation of the execution of the fighting kicks. Tempo changes in the execution of self-defense exercises.</i> • <i>furthermore, the knowledge and application of the rules serves as target of the course.</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,</i>	<i>Project design and management</i>
<i>ICT Use</i>	<i>Equity and Inclusion</i>
<i>Adaptation to new situations</i>	<i>Respect for the natural environment</i>
<i>Decision making</i>	<i>Sustainability</i>
<i>Autonomous work</i>	<i>Demonstration of social, professional and moral responsibility</i>

Teamwork	and sensitivity to gender issues
Working in an international environment	Critical thinking
Working in an interdisciplinary environment	Promoting free, creative and inductive reasoning
Production of new research ideas	

<ul style="list-style-type: none"> • Search, analysis and synthesis of data and information, ICT Use • Adaptation to new situations • Decision making • Autonomous work • Teamwork • Working in an interdisciplinary environment • Project design and management • Equity and Inclusion • Demonstration of social, professional and moral responsibility and sensitivity to gender issues • Critical thinking • 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.
27. Practice of defensive fighting steps [frontal evasions]. Composite repelling techniques in simulated confrontation.
28. The stressing of errors during the execution of the simulated confrontation of the 1st and 2nd Poomse.
29. Practice of the defensive fighting steps [sidelong repulsion].
30. Practice of the execution of punches in various directions [frontal – sidelong – vertical].
31. Offensive kick techniques after a turn.
32. Use of defensive kick techniques [Ap-chagi, Paldum-chagi]. The pointing out of errors during the execution of standardized form of self-defense [Habon-kirugi].
33. Use of defensive kick techniques [Naerio-chagi]. The mentioning of errors during the execution of the self-defense exercises [self-protection].
34. Use of defensive techniques [Dwit-chagi]. Balancing exercises with the aim of improving the technical execution of kicks.
35. Analysis of the mechanisms of specialized [composite] movements.
36. Variations in the implementation of the execution of the fighting kicks.
37. Tempo changes in the execution of self-defense exercises. Analysis of fighting rules.
38. Imitative exercises of fighting kicks. Methodical indications during the practice of the training target [in motion, isolated, alternate]. Analysis of fighting rules.
39. Organization of primary school Taekwondo tournament Education with the aim of consolidation and practice of the fighting rules.

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD <i>Face to face, Distance learning, etc</i>	Face to face Lectures and practical applications as well as distance learning		
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</i>	Activity	Workload/semester	
	Lectures	39	
	Field Exercise	41	
	Study and individual works	35	
	Interactive learning and analysis of digital material	35	

workload per semester complies to ECTS standards.			
	Total	150	
<p align="center">STUDENT EVALUATION</p> <p><i>Description of the evaluation process</i></p> <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>			
<ol style="list-style-type: none"> 1. Practical examination 50% 2. Theory examination 40% 3. Essay 10% 			

5. SUGGESTED BIBLIOGRAPHY

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

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Dimitris Kechagias, E.E.P. D.P.E.S.S. – D.U.T.H.
Contact details:	dkechagi@pheyd.duth.gr
Supervisors: (1)	NO
Evaluation methods: (2)	Written examination with distance learning methods
Implementation Instructions: (3)	<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>