

COURSE OUTLINE SPECIALIZATION PRACTICUM 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	C680	SEMESTER	7th or 8th
COURSE TITLE	SPECIALIZATION PRACTICUM IN 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		
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>acquire the skills related to the seventh and eighth levels of poomsae</i> • <i>perform self-defense exercises [Habon – kirugi].</i> • <i>perform self-defense exercises [self-protection].</i> • <i>know and apply the procedures for the Black belt as set by the Taekwondo organization of Greece</i> • <i>know how to teach the basic self-defense techniques at the level of black belt</i> • <i>know organization issues</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>
<ul style="list-style-type: none"> • <i>Search, analysis and synthesis of data and information, ICT Use</i> • <i>Adaptation to new situations</i> 	

- *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. *Analysis of the techniques that proceed from the simulated confrontation of the 7th Poomsae. Learning of the 7th Poomsae. Consolidation and correction of errors of the 7th Poomsae.*
2. *Completion of self-defense exercises [Habon – kirugi]. Completion of self-defense exercises [self-protection].*
3. *Analysis of the techniques that emanate through the simulated confrontation of the 8th Poomsae. Learning of the 8th Poomsae. Consolidation and correction of errors of the 8th Poomsae.*
4. *Movements and indications of the Referee. Registration of the Fight record sheet as Fight judge. Electronic system of evaluation of the athletes. Competence of judges during the conduct of the fight.*
5. *Fight implementation with the use of a judge. Fight enforcement with the use of a Referee. Fight enforcement with the use of electronic evaluation system. Fight implementation with the use of record sheet of the fight.*
6. *Parametric organization of a school Taekwondo tournament.*
7. *Parametric organization of an inter sport club Taekwondo. Tournament.*
8. *Organization of an internal tournament of technical Poomsae.*
9. *Organization of an internal technical self-defense tournament. Organization of an internal competitive Taekwondo tournament.*
10. *Technique breakdown in demonstrative form.*
11. *Organization of a Taekwondo exhibition.*
12. *Test procedures for the Black belt as set by the Taekwondo organization of Greece. Test procedures for judges as set out by the Taekwondo organization of Greece.*
13. *Presentation of semester investigative work.*

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>	Activity	Workload/semester	
	Lectures	39	

<p>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.</p> <p>The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards.</p>	Field Exercise	40
	Study and individual works	40
	Interactive learning and analysis of digital material	28
	Exams	3
	Total	150
<p>STUDENT EVALUATION</p> <p>Description of the evaluation process</p> <p>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</p> <p>Please indicate all relevant information about the course assessment and how students are informed</p>	<p>Practical examination 50%</p> <p>Theory examination 40%</p> <p>Essay 10%</p>	

5. SUGGESTED BIBLIOGRAPHY

1. Kechagias Dimitris. *Self defence. Telethron. Athens, 2007.*

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@phyed.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</p>

	<p>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>
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