

Course Title	<b>TAEKWONDO I</b>				
Course Code	SSTWD433-S-1				
Course Type	SPECIALISATION ELECTIVE				
Level	BSc (Level 1)				
Year / Semester	4th / Fall				
Teacher's Name	Giorgos Katranis				
ECTS	12	Lectures / week	3	Laboratories / week	3
Course Purpose	<p>The Taekwondo course aims to provide a comprehensive education to students, covering both theoretical and practical aspects of the sport. Through learning the history, philosophy, and techniques of Taekwondo, students will gain a deep understanding of the sport and develop into capable athletes. The course seeks to develop students' physical, technical, tactical, and psychological skills, preparing them for competitive and coaching challenges at all levels. In addition, through the organization and management of matches and championships, students will be trained in effective teamwork and sports event management, enhancing their leadership skills and ability to operate under pressure. Finally, the course aims to develop well-rounded individuals who will be able to apply the principles and values of Taekwondo in their daily lives, promoting health, well-being, and the spirit of positive competition.</p>				
Learning Outcomes	<p>Upon completion of the course, students will be able to:</p> <ol style="list-style-type: none"> <li>1. Describe the historical and philosophical course of Taekwondo.</li> <li>2. Recognize the basic exercises and techniques required to warm up and prepare for pre-race.</li> <li>3. Apply warm-up, stretching and pressure techniques to improve fitness and prepare for competitions.</li> <li>4. Analyze the various levels of POOMSAE and understand their correspondence with the athlete's belts.</li> <li>5. Design training programs, including microcycles, to maintain body weight and prevent sports trauma.</li> </ol>				

	<p>6. Evaluate race tactics and adapt training to improve muscle growth, psychological conditioning, and aerobic/anaerobic capacity.</p> <p>7. Organize races and small championships, manage the details and requirements for their successful completion.</p>		
Prerequisites	PESS106: Training Principles	Corequisites	No
Course Content	<ol style="list-style-type: none"> <li>1. The course of Taekwondo, apart from its historical and philosophical path, includes all the parameters of fitness of all ages starting from childhood to men.</li> <li>2. They will be taught exercises and techniques required by the sport (warm-up) such as stretching, pressing, so that the athlete is ready to progress to the pre-race level.</li> <li>3. Knowledge according to 10 levels of POOMSAE is a basic need to determine in the form of a belt the level of each athlete individually.</li> <li>4. Explanation of the POOMSAE as defined by the relevant regulations from the 1st POOMSAE to the 8th POOMSAE</li> <li>5. Correspondence of COOPs (points) starting from the 10th COOP (white belt to the 1st COOP (black belt)</li> <li>6. They will be taught training unit design (microcycles, etc.), route issues for weight maintenance as the sport defines categories of competitions for all ages, prevention of sports injuries and rehabilitation.</li> <li>7. It is also important in the T.W.N course includes topics of tactical competitions, preparation in the direction of muscle development, psychological preparation, as well as aerobic and anaerobic capacity of the athlete with special training to acquire this ability.</li> <li>8. Organization of races and small championships.</li> </ol>		
Teaching Methodology	<p><b>Theory</b></p> <p>The teaching of the course includes lectures to provide the theoretical background. Detailed notes with PowerPoint and material rich in images and videos are used in teaching. Methods like case studies, real scenarios,</p>		

	<p>discussion, questions/answers are used in the teaching methodology depending on the course's nature. In addition, workshops and site visits with hands-on experiences are provided to deliver the practical background of course content. Relevant material published in international scientific journals is also used to follow the latest developments related to the subject of the course.</p> <p><b>Practical</b></p> <p>During the practical courses, students develop the practical skills required for the sport, with emphasis on proper technique with progressive teaching and application of exercises, to become capable of performing and teaching the basic motor skills of the sport. It also described and presented how to teach each exercise/program for the sport using a trainee model.</p>
Bibliography	<ol style="list-style-type: none"> <li>1. Λη, Σ. Μ. &amp; Ρικε, Γκ. Το σύγχρονο ΤΑΕ-KBON-NTO: Το επίσημο εγχειρίδιο. Μετάφραση Μηλιαρέσης Γ.Α. Seoul, Korea (2004) ISBN 9789608728561</li> <li>2. Ροδοβίτης, Α.Β. ΤΑΕ KWON DO: η αθλητική του διάσταση. University Studio Press (2010) ISBN 9789601219479</li> <li>3. Μπέης, Κ.Γ. ΤΑΕ KWON DO: Ολυμπιακό άθλημα. Εκδόσεις Σάλτο (2015) ISBN 978-960-910-271-1</li> <li>4. Κεχαγιάς, Δ. Η αγωνιστική προετοιμασία του taekwondo. Εκδόσεις Τελέθριον (2004) ISBN 978-960-8410-82-4</li> </ol>
Assessment	<ul style="list-style-type: none"> <li>• <b>Theoretical Intermediate Exam (20%):</b> It focuses on the assessment and understanding of the theoretical knowledge and understanding acquired by students regarding taekwondo. The exam may include various question formats, such as multiple choice, synthetic questions, development questions, case studies, or other structures.</li> <li>• <b>Training plan (15%):</b> The written submission and evaluation of a draft training plan at a theoretical level regarding taekwondo is requested. This should include at least a description of training</li> </ul>

	<p>objectives, teaching methods and practices, training organization, appropriate exercises, and evaluation of athletes to taekwondo.</p> <ul style="list-style-type: none"> <li>• <b>Practical examination (35%):</b> <b>A) Microteaching 25%:</b> The candidate presents a short teaching session on taekwondo, following a prepared training plan that includes training objectives, exercises, teaching methods and training materials. <b>B) Technical Skills of the Sport 10%:</b> The candidate demonstrates and demonstrates basic technical skills in taekwondo required to practice the specific sport.</li> <li>• <b>Final Theory Exam (30%):</b> The exam includes a wide range of topics, comprehensively reflecting the material presented during the course on taekwondo. This includes concepts, theoretical frameworks, and case studies, giving a complete copy of the knowledge gained in taekwondo. In addition, the exam focuses on the student's ability to connect various concepts, thus creating a comprehensive understanding of the field of taekwondo and how to apply theoretical principles to practical scenarios, offering alternatives where needed, thus demonstrating his ability to transfer the acquired knowledge in the field of taekwondo into practical scenarios.</li> </ul>
Language	Greek / English