

Course Title	TAEKWONDO II			
Course Code	SSTWD434-S-1			
Course Type	SPECIALISATION ELECTIVE			
Level	BSc (Level 1)			
Year / Semester	4th / Spring			
Teacher's Name	Giorgos Katranis			
ECTS	12	Lectures / week	3	Laboratories / week / 3
Course Purpose	<p>The course aims to fully understand and familiarize students with the sport. Through the teaching of the course, students become familiar with the several types of Taekwondo, the international federations that govern it, and its evolution over time. In addition, they learn about the risks associated with sports and the precautions they should take, considering the nature of martial arts. Students also develop an understanding of the competitive structures and training bases of the sport at all levels, as well as the requirements in terms of physical preparation and nutrition. Through this multidimensional education, students gain not only technical knowledge but</p> <p>also a broader understanding of Taekwondo as a sport and lifestyle.</p>			
Learning Outcomes	<p>1 Upon completion of the course, students will be able to:</p> <ul style="list-style-type: none"> • Understand the basic principles of kinesiology and biomechanics applied to Taekwondo. • They apply special techniques to improve performance and prevent injuries. • Analyze and correct errors in techniques and tactics. • Design and implement effective training, nutrition, and psychological preparation programs. • They assess sports injuries and injuries and design effective rehabilitation strategies. • Create original training strategies to improve Taekwondo training and performance. 			
Prerequisites	PESS106: Training Principles	Corequisites	No	

Course Content	<ol style="list-style-type: none"> 1. Kinesiological and industrial analysis of techniques and exercises of the sport, levers, and forces 2. Basic knowledge of special warm-up of the athlete considering excessive movements in the full range of motion required by the sport 3. Specialized exercises, techniques and tactics of competition defining the level of technique and experience of competitive Taekwondo as an Olympic sport 4. Kick and punch techniques and technical elements in the execution of kicks, punches, corrections of errors. 5. Psychological performance factor, psychomotor reaction, reaction time and basic knowledge of philosophical and psycho-spiritual principles, but also conditions required by the sport, such as discipline, concentration, and self-control 6. They will be taught issues of planning annual training planning, nutrition issues for weight maintenance as the sport determines competitions for all ages, prevention of sports injuries and rehabilitation. 7. Basic knowledge of the athlete's training preparation, special diet that the athlete should follow before the race and mental training technique. 8. Improving athletic fitness and basic knowledge of aerobic and anaerobic training to improve performance 9. Training on assistive means: training on targets, shields, benches, mirrors, bars, multiscale, and bags. Chest training 10. Theoretical and practical teaching of violations including prohibitions of hitting high or low towards the opponent and related violations defined by the match regulations such as involuntary falls, imbalance, retreat beyond 3 steps 11. Electronic scoring and how to score various hits and explanation of the rule for stopping a match in cases of "apparent unequal matches" 12. Sports Injuries and Injuries and Taekwondo Epidemiology 		

	13.Special training issues of Taekwondo in developmental ages
Teaching Methodology	<p>Theory</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, 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>Practical</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"> 1. Λη, Σ. Μ. & Ρικε, Γκ. Το σύγχρονο ΤΑΕ-KBON-NTO: Το επίσημο εγχειρίδιο. Μετάφραση Μηλιαρέσης Γ.Α. Seoul, Korea (2004) ISBN 9789608728561 2. Ροδοβίτης, Α.Β. ΤΑΕ KWON DO: η αθλητική του διάσταση. University Studio Press (2010) ISBN 9789601219479 3. Μπέης, Κ.Γ. ΤΑΕ KWON DO: Ολυμπιακό άθλημα. Εκδόσεις Σάλτο (2015) ISBN 978-960-910-271-1 4. Κεχαγιάς, Δ. Η αγωνιστική προετοιμασία του taekwondo. Εκδόσεις Τελέθριον (2004) ISBN 978-960-8410-82-4
Assessment	<ul style="list-style-type: none"> • Theoretical Intermediate Exam (20%): 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,

	<p>synthetic questions, development questions, case studies, or other structures.</p> <ul style="list-style-type: none"> • Training plan (15%): 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 objectives, teaching methods and practices, training organization, appropriate exercises, and evaluation of athletes concerning taekwondo. • Practical examination (35%): A) Microteaching 25%: 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) Technical Skills of the Sport 10%: The candidate demonstrates and demonstrates basic technical skills in taekwondo required to practice the specific sport. • Final Theory Exam (30%): 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.
Language	Greek / English