

LABETTE COMMUNITY COLLEGE BRIEF SYLLABUS

SPECIAL NOTE:

This brief syllabus is not intended to be a legal contract. A full syllabus will be distributed to students at the first class session.

TEXT AND SUPPLEMENTARY MATERIALS USED IN THE COURSE (if any):

Please check with the LCC bookstore <http://www.labette.edu/bookstore> for the required texts for this class.

COURSE NUMBER: SPEC 125

COURSE TITLE: TOPICS IN PERSONAL ENRICHMENT
TAEKWONDO

SEMESTER CREDIT HOURS: .5 - 5

DEPARTMENT: Workforce Education/Career Training/Personal Enrichment

DIVISION: Continuing Education/Workforce

PREREQUISITE: None

REVISION DATE: September 2013

COURSE DESCRIPTION:

Topics in Lifelong Learning are designed to provide a framework for exploration of specific continuing education topics.

This Korean martial art combines self-defense, combat techniques and exercise. Taekwondo uses a system of kicks, blocks, punches and open-handed strikes; students learn to put into practice breathing control, technique, stances, posture, power, focus, reaction force and etiquette.

COURSE OUTCOMES AND COMPETENCIES:

Students who successfully complete this course will be able to:

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| <ol style="list-style-type: none">1. Practice Taekwondo<ul style="list-style-type: none">• Perform 16 basic Techniques• Perform 4 One-Step• Perform 4 Basic Self-Defense• Know all Basic Facts• Perform Kata at Belt level• Spar at current Belt level |
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