

# Minnesota State University Moorhead

## PE 120: Tae Kwon Do I

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: \*.\*

Lab Hours/Week: 2

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Tae Kwon Do is a 2,000 year old Korean style of martial arts. Students are introduced to the various kicks, blocks, combinations, one steps, and self-defense techniques that make Tae Kwon Do the most popular form of self defense in the world.

**B. COURSE EFFECTIVE DATES:** 02/26/1997 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

### D. LEARNING OUTCOMES (General)

1. All student will have the opportunity to advance in rank from Orange Belt to Black Belt at MSUM TKD.  
There are several tournaments we will be participating in.

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted