

NAME OF THE COURSE		TAEKWONDO				
Code		Year of study	1 st graduate			
Course teacher	Full professor, Dražen Čular, PhD (black belt 5. dan)	Credits (ECTS)	3			
Associate teachers	Matej Babić, mag. cin., assistant (black belt 2. dan) Goran Orlov, mag. cin, lecturer (black belt 1. dan)	Type of instruction (number of hours)	L	S	E	F
			5	25	15	
Status of the course	Elective	Percentage of application of e-learning	20 %			
COURSE DESCRIPTION						
Course objectives	<ul style="list-style-type: none"> - Acquisition of basic competences for teaching in educational institutions and sports clubs in the area of Taekwondo - Familiarization with the organization and structure of Taekwondo on a global level - Learning basic taekwondo techniques 					
Course enrolment requirements and entry competences required for the course	Basic knowledge of English language					
Learning outcomes expected at the level of the course (4 to 10 learning outcomes)	<ul style="list-style-type: none"> - To list the most important events in TKD history in the world and in Croatia - To describe sports branches (disciplines) and rules in TKD - To describe the performance technique of basic elements in TKD - To explain the basic principles of training procedures in TKD - To identify the causes of errors in performance of TKD techniques - To choose and apply specific methodological procedures in the process of training and learning - To recognize the basic mistakes in the learning process of TKD techniques - To present and analyse correct performance of basic TKD techniques 					
Course content broken down in detail by weekly class schedule (syllabus)	Lectures (5 hours)		Teacher			
	Analysis of taekwondo sport (1 hour)		Full professor, Dražen Čular, PhD			
	Taekwondo belt system (1 hour)		Full professor, Dražen Čular, PhD			
	Introduction and categorization of Taekwondo techniques (1 hour)		Full professor, Dražen Čular, PhD			
	Competition in taekwondo sport (1 hour)		Full professor, Dražen Čular, PhD			
	Basics of performance of Poomsae (WTF) – formal exercises (1 hour)		Full professor, Dražen Čular, PhD			
	Seminars (25 hours)		Teacher			
	Fundamentals of conditional preparation for Taekwondo fight (5 hours)		Goran Orlov, lecturer			
	Basics of performance of Sparring & Poomsae (WTF) – formal exercises (7 hours)		Matej Babić, assistant			
	Electronics in the service of Taekwondo sport (2 hours)		Matej Babić, assistant			
	Competition in taekwondo sport (6 hours)		Goran Orlov, lecturer/ Matej Babić, assistant			
	Self-defence (5 hours)		Full professor, Dražen Čular, PhD Matej Babić, assistant			
	Exercise (15 hours)		Teacher			
	Fundamentals of competitive technique in a Taekwondo fight (6 hours)		Matej Babić, assistant			

	Basics of performance of Poomsae (WTF) – formal exercises (4 hours)		Matej Babić, assistant Matej Babić, assistant			
	Self-defence (4 hours)		Full professor, Dražen Čular, PhD Matej Babić, assistant			
<i>The course is carried out in cooperation with the KIFST teaching base: Taekwondo club St-kwan</i>						
Format of instruction	<input checked="" type="checkbox"/> lectures <input checked="" type="checkbox"/> seminars and workshops <input checked="" type="checkbox"/> exercises <input type="checkbox"/> <i>on line</i> in entirety <input checked="" type="checkbox"/> partial e-learning <input type="checkbox"/> field work		<input type="checkbox"/> independent assignments <input checked="" type="checkbox"/> multimedia <input type="checkbox"/> laboratory <input type="checkbox"/> work with mentor <input type="checkbox"/> (other)			
Student responsibilities						
Screening student work (name the proportion of ECTS credits for each activity so that the total number of ECTS credits is equal to the ECTS value of the course)	Class attendance	0.6	Research		Practical training	1.5
	Experimental work		Report		(Other)	
	Essay		Seminar essay		(Other)	
	Tests		Oral exam		(Other)	
	Written exam	0.9	Project		(Other)	
Grading and evaluating student work in class and at the final exam	Grades are from 1 to 5: grade 1 (below 59%); grade 2 (60% -72%); grade 3 (73% - 82%); grade 4 (83% - 90%); grade 5 (91% - 100%) Class attendance: 20 % Practical exam 50 % Written exam: 30% Total: 100%					
Required literature (available in the library and via other media)	Title		Number of copies in the library	Availability via other media		
	[Graduation thesis: Methodological procedures of learning techniques according to the programme of the Taekwondo school for children, Faculty of natural science, mathematics and education in Split] -presentation		1	1		
	Taekwondo physical fitness – Are you ready for this sport ?, Croatian Tekwondo Federation]			1		
	Pieter, W. & Heijmans, J., (2000). <i>Scientific Coaching for Olympic Taekwondo</i> . Meyer & Meyer			1		
Optional literature (at the time of submission of study programme proposal)	<ul style="list-style-type: none"> - Čular, D., Ivančev, V., Zagatto, A.M., Milić, M., Bešlija, T., Sellami M., & Padulo J. (2018). Validity and reliability of the 30-s continuous jump for anaerobic power and capacity assessment in combat sport. <i>Frontiers in Physiology</i> doi: 10.3389/fphys.2018.00543 - Čular, D., Milić, M., & Bešlija, T. (2017). Normative values of anthropometric characteristics and body composition in Croatian cadets taekwondo competitors., <i>Research in Physical Education, Sport and Health</i>, 6(2), 3-7. - Vučić, D., Čular, D., & Milić, M. (2014). Transformational impacts of taekwondo on motor abilities asymmetries. <i>Global Journal for Research Analysis</i>, 3(2), 85-87. - Čular, D., Krstulović, S., Katić, R., Primorac, D., & Vučić, D. (2013). Predictors of fitness status on success in taekwondo. <i>Collegium Antropologicum</i>, 37(4), 1267-1274. 					

	<ul style="list-style-type: none"> - Čular D., Krstulović, S., & Tomljanović, M. (2011). Differences between medal winners and nonwinners at olimpic games 2008 taekwondo tournament. <i>Human movement</i>, 12(2), 165-170. - Čular D., Miletić Đ., Miletić, A., (2010) Influence of dominant and non dominant body side on specific performance in taekwondo – gender differences, <i>Kinesiology</i> vol. 42. No 2 (str. 184-193) - Čular, D., Munivrana ,G., & Katić, R. (2013). Anthropological analysis of taekwondo- new methodological approach. <i>Collegium Antropologicum</i>, 2, 9-18. - WTF Poomsae Competition Rules and Interpretation, Croatian Taekwondo Federation - WTF Competition rules, Croatian Taekwondo Federation - I.T.F. World Junior and Senior Tournament Rules, International TaeKwon-Do federation.
Quality assurance methods that ensure the acquisition of exit competences	<p>Individual work with teacher, conversation, participation in class, oral seminar presentation, class attendance registering.</p> <p>External evaluation of teaching quality through ‘Questionnaire for student’s evaluation of teaching’.</p>
Other (as the proposer wishes to add)	