

**Semester IV**  
**PART – B: PRACTICUM COURSE**  
**BPC – 402 (C): COMBATIVE GAME (Taekwondo)**

Credit			Teaching Hours			Assessment		
L/T	P/I	Total	L/T	P/I	Total	Int.	Ext.	Total
-	2	2	-	64	64	25	25	50

Lecture/Tutorials, P/I=Practical/Internship, Int.=Internal, Ext.=External

### ESSENCE OF THE COURSE

This course will enable students to understand the basic skills, strategies, tactics and the way to improve performance. It aims to develop understanding about the rules and regulations, dimensions of the field, thickness of the lines, equipment, duties of the officials, before, during and after the match, duty of coach and captain, different types of signals, basic skills and techniques, associations and federations of games and sports.

### COURSE LEARNING OUTCOME

**After completing this course, the students will be able to**

- develop concept of skill.
- analyze & interpret skills.
- appraise the rule & regulation.
- demonstrate and assess various techniques of starts and finish.
- demonstrate and assess various technique.
- interpret the rules and regulations in real game situation.
- officiate in real game situation.

### COURSE CONTENTS

Historical development of the game/sport at national and international levels, National Bodies controlling sports and their affiliated units, International Bodies controlling sports and their affiliated units and Major National and International competitions.

#### Fundamental Skills

- Player Stances – walking, extending walking, L stance, cat stance.
- Fundamental Skills – Sitting stance punch, single punch, double punch, triple punch.
- Punching Skill from sparring position – front-fist punch, rear fist punch, double punch, and four combination punch.
- Foot Techniques (Balgisul) – standing kick (soseo chagi), Front kick (AP chagi), Arc kick (Bandal Chagi), Side kick, (Yeop Chagi), Turning kick (Dollyo Chagi), Back kick (Twit Chagi), Reverse turning kick (Bandae Dollyo Chagi), Jump kick (Twimyo Chagi),
- Poomsae (Forms) – Jang, Yi Jang, Sam Jang, Sa Jang, O Jang, Yook Jang, Chil Jang, Pal Jang (Fundamental Movement – eye control, concentration of spirit, speed control, strength control, flexibility, balance, variety in techniques)
- Sparring (Kyorugi) – One Step Sparring (hand techniques, foot techniques, self defense techniques, combination kicks), Free Sparring.
- Board Breaking (Kyokpa) – eye control, balance, power control, speed, point of attack.
- Rules and their interpretations and duties of officials.

### **TEACHING LEARNING STRATEGIES**

- The class will be taught by using lectures, demonstration, explanation, videos, learning by doing, Whole part whole method, Lead-ups games and presentations method.

### **SUGGESTED MODE OF TRANSECTION**

- Lectures/Demonstration/Explanation/Field Work/ Outreach Activities/ Vocational Training/Viva/ learning by doing / Lead-up Games/ Minor Games/ Dummy Practice etc.

### **ASSESSMENT RUBRICS**

**Marks: 50**

- End Semester Exam (External) **Marks: 25**  
(Skill Proficiency, Project File, Officiating, Viva)
- Internal **Marks: 25**  
(Skill Proficiency, Project File, Officiating, Attendance, Viva)