Assumption University
Theodore Maria School of ARTS
Department of General Education
Course Outline 2/2026

Course : GE1204 Physical Education: Taekwondo
Credit : 1
Status : General Education Requirement
Prerequisite : None
Lecturer : A. Supares Dangkhum

Course Description : Improving physical fitness and psychomotor skills, creating unity among students, and developing the sportive mind, sports injury precautions and prevention.

Objectives : The course aims to enable students to
1. understand the rules and regulations of sport
2. perform different skills in playing sport
3. exercise by themselves
4. appreciate the value of sport
5. Create unity among themselves.
6. realize the importance of physical fitness, health and wellbeing

Teaching-Learning Activities :
1. Lecture
2. Demonstration
3. Class Discussions
4. Drills

Attendance Requirement: : - At least 80 % attendance is required from the total number of **t**he class
- Attendance is checked after class start 15 min. by call the name in class hours
- The students join the classroom After check attendance is complete, the attendance is taken as “late”
- 3-late attendance is equal to one absence
- To submit assignments, the submission link is provided on MS Team for student upload files.

Course components and Mark Allocation :

Practical exams		60 %
1. basic stance	10%	
2. Basic blocks	20%	
3. Kick	30%	
Class participation		10 %
Quiz		15 %
Presentation		15 %
Total		**100 %**

*Class participation:-
1. Students have to participate among sections.
2. There will be a competition in the group.
3. The final will be joined between sections.

Evaluation :

80 - 100 %	=	A
78 – 79 %	=	A-
73 – 77 %	=	B+
70 – 72 %	=	B
68 – 69 %	=	B-
63 – 67 %	=	C+
60 – 62 %	=	C
58 – 59 %	=	C-
50 – 57 %	=	D

Reference:

http://www.worldtaekwondo.org/

Study Plan and Schedule:

Week 1

General Introduction
- Objective
- Course requirement
- Mark allocation
- Histories of Taekwondo

Week 2

- Basic standing

Warm up & straching
- How to standing in taekwondo
  1. Ready stand
  2. Walking stand
  3. Front stand
  4. Back stand
  5. Horse stand
- Practice

Week 3

Warm up & straching
Review :-
- Basic standing

To continue :-
- Punch
- Practice

Week 4

Warm up & straching
Review :-
Punch
To continue :-
- Hight kick

Practice

Week 5

Warm up & straching
Review :-
- Hight kick

To continue :-
- Push kick

Practice

Week 6

Warm up & straching
Review :-
- Push kick

To continue :-
- Front kick

Practice

Week 7

Warm up & straching
Review :-
- Front kick

To continue :-
- Round kick

Practice

Week 8

Warm up & straching
Review :-
- Round kick

To continue :-
- Side kick

Practice

Week 9

Warm up & straching
Review :-
- Side kick

To continue :-
- Block
  - -Low block
  - -Middle block
  - -Inside block

Practice

Week 10

Warm up & straching
Review :-
- Low block
- Middle block
- Inside block

To continue :-
- Block
  - -Outside block
  - -Hight block
  - -Double knife hand block

Practice

Week 11

Practical evaluation
- Stand
- Punch
- Block

Week 12

Practical evaluation
- Hight kick
- Puch kick
- Round kick

Week 13

Practical evaluation
- Round kick
- Side kick

Period 14

QUIZ.

Period 15

Presentation

Reminders : Sports attire is required during the classes. There is no final exam.

February 19, 2027 : Last day to withdraw with "W"

Au VISION 2000

Assumption University of Thailand envisions itself as:

- an international community of scholars,
- enlivened by Christian inspiration,
- engaged in the pursuit of Truth and Knowledge,
- serving human society, especially through the creative use of interdisciplinary approaches and cyber technology.

ENVISIONING Au GRADUATES

Assumption University of Thailand envisions its graduates as:

- healthy and open-minded persons, characterized by personal integrity, an independent mind, and positive thinking,
- professionally competent, willing to exercise responsible leadership for economic progress in a just society,
- able to communicate effectively with people from other nations and to participate in globalization.

AU MISSION

Assumption University, an International Catholic University, is committed to be the light that leads learners and its stakeholders from all parts of the world towards wisdom, Truth, and Christian values and to discover "Treasure Within" themselves. Via effective teaching and research pedagogies of international standards as well as community engagement, the University aims to form individuals to be intellectually competent, morally sound, and spiritually enriching, accountable, righteous, and service-minded citizens; excelling in serving communities comprising of diverse cultures.

Au UNIQUENESS

"An International Catholic University"

Au IDENTITY

- Ethics
- English Proficiency
- Entrepreneurial Spirit

THEODORE MARIA SCHOOL OF ARTS
(www.arts.au.edu)
VISION AND MISSION

Vision

An international community of business communicators in Thailand

Mission

Theodore Maria School of Arts will ensure that: the School will…
1. Enhance business language skills
2. Promote cultural awareness
3. Foster academic networking
4. Encourage ethical standards and practices

TAGLINE

เติมเต็มศิลป์ภาษา พัฒนาศาสตร์ธุรกิจ

Language Education, Business Inspiration

ARTS ORGANIZATIONAL CULTURE: More than faculty, we are family

• Open communication
• Mentoring system
• Dedication
• Caring
• Teamwork
• Commitment
• Resource sharing

Core Values
A = Adaptability
R = Responsibility
T = Togetherness
S = Sustainability

Core Competencies
Employability
Multiculturalism
Internationalization

Quality Assurance Process
Students should understand and apply the Quality Assurance Process in their study. The Plan-Do-Check-Act Cycle (PDCA) provides an easy but effective approach for problem solving and managing change, ensuring that ideas are appropriately tested before the full implementation. It can be used in all sorts of situations and can be clarified as follows:

Plan: Define the current problem, process, and issue and establish objectives and processes required to deliver the desired results.
Do: Implement the plans and new processes developed.
Check: Monitor and evaluate the implemented process by testing the results against the predetermined objectives.
Act: Apply actions necessary for improvement if the results require changes.

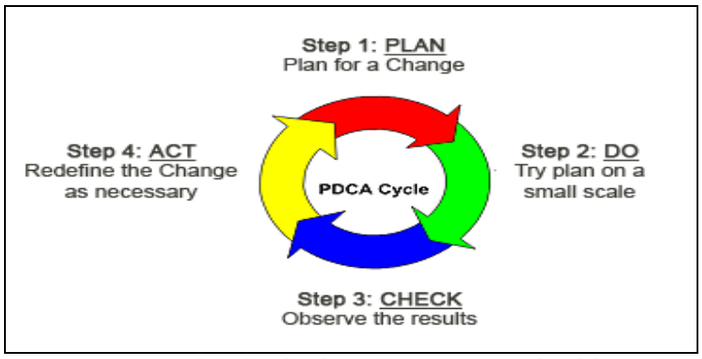


Figure 1: PDCA Cycle (http://www.swopehealth.org)

Plagiarism

Plagiarism is a serious academic offence, a serious breach of ethical conduct and is unacceptable student behavior. Students who plagiarize copying words or ideas without acknowledging the original writer of the words or ideas, will face disciplinary action. This will range from receiving an "F" in the subject to university suspension.