



NS NIS PATIALA

SYLLABUS FOR DIPLOMA IN SPORTS COACHING

DISCIPLINE:

TAEKWONDO

COURSE CODE:

TK 19



TOTAL CREDITS 24	Semester	L	P	SW/FW	IA	Credits
	I	50	280	30	24	12
	Semester	L	P	P/FW	IA	Credits
	II	50	280	30	24	12

(L-Lecture, P-Practical, SW-Self Work, FW- Field Work, IA - Internal Assessment)

COURSE OBJECTIVES

- To develop readiness in Teaching Taekwondo in a structured manner
- To develop ability to prescribe Taekwondo specific exercises to the trainees
- To develop ability to demonstrate, explain & analyze Taekwondo skills
- To develop personality, communication & values of Taekwondo coaches

LEARNING OUTCOMES:

- Students will be able to the explain the meaning, philosophy & etiquette of Taekwondo
- Students will be able to apply the suitable teaching methods for conducting a Lesson Plan
- Students will be able to apply WT Competition Rules from coach's perspective
- Students will be able to apply sports science knowledge into Taekwondo training.
- Students will be able to design Taekwondo training programs based on the level of trainees.

SKILLS DEVELOPED:

- Basic Sparring Skills
- Basic Demonstration Skills
- Training with PSS (Protector Scoring System) Taekwondo Teaching Methods
- Taekwondo Training Methods
- Basic Kicks of Taekwondo (Kyorugi & Poomsae
- Basic Movements of Taekwondo (Poomsae& Sparring)
- Poomsae 1Jang to 8 Jang and Koryo to Pyogwon

DETAILED SYLLABUS - SEMESTER I

THEORY – I

Total Credit: 4

Unit No.	Description / Topics Covered	Teaching Method	No. of Hrs (Period)	Online Classroom	Faculty
I	1. Meaning, Philosophy & Etiquette of Taekwondo	Lecture & SW	10	Classroom	Goutam S Virdi & Guest Faculty
	2. Historical background of Taekwondo	Lecture & SW	05	& Online	B. Varsha Singh & Guest Faculty
	3. Poomsae Theory & Terminology	Lecture & SW	05		Marry Rani & Guest Faculty
II	4. Taekwondo Governing Bodies & it's functions i. World Taekwondo ii. Asian Taekwondo Union iii. Kukkiwon	Lecture & SW	06	Classroom & Online	B. Varsha Singh & Guest Faculty
	5. WT Codes & Policies iv. Code of Ethics v. Safeguarding Policy		04		Marry Rani & Guest Faculty
III	6. WT Competition Rules and Interpretation	Lecture	10	Classroom	B. Varsha Singh & Guest Faculty
	7. WT Poomsae Competition Rules	Lecture	05	& Online	Marry Rani & Guest Faculty
IV	8. Teaching Methods in Taekwondo	Lecture & SW	10	Classroom & Online	Goutam S Virdi & Guest Faculty
	9. Management of Taekwondo School	Lecture & SW	05		B. Varsha Singh & Guest Faculty

Internal Assessment – 04

Total Hours – 64

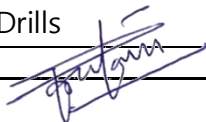
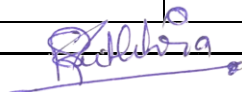
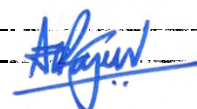




PRACTICAL - I

Total Credit: 10

Unit No.	Description / Topics Covered	Teaching Method	No. of Hrs (Period)	FoP / S&C	Faculty
I	Basic Formalities of Taekwondo Training <ul style="list-style-type: none"> i. Wearing Dobok & Belt ii. Dojang Etiquette iii. Introduction with facilities and equipment iv. Maintenance of Dojang v. Training Formalities 	Practical & FW	10	FoP	Goutam S Viridi
II	Warming up & Cooling Down <ul style="list-style-type: none"> i. General Warm up & types ii. Specific Warm up & types iii. Cooling Down 	Practical & FW	15	FoP	Marry Rani
III	General Physical Fitness <ul style="list-style-type: none"> i. Endurance ii. Strength iii. Flexibility iv. Speed v. Coordination 	Practical & FW	30	FoP / S&C	All the In house Faculties & Guest Faculty
IV	Basics skills of Poomsae <ul style="list-style-type: none"> i. Stance ii. Punching iii. Blocking iv. Hitting v. Thrusting vi. Kicking 	Practical & FW	60	FoP	Goutam S Viridi
V	Basics skills of Sparring <ul style="list-style-type: none"> i. Stance & variations ii. Basics Steps & variations iii. Basic Kicks & variations iv. Attacking v. Counter Attacking vi. Combinations Drills 	Practical & FW	60	FoP	All the In house Faculties & Guest Faculty

VI	Specific Physical Fitness i. Specific Flexibility Test ii. Specific Balance Test iii. Body Kick Test	Practical & FW	15	FoP	B Varsha Singh
VII	Poomsae Performance (Taegeuk 1 to 8 Jang)	Practical & FW	25	FoP	Marry Rani
VIII	Kyorugi Performance i. Imagery Sparring ii. Steps Sparring With Partner iii. Target Sparring	Practical & FW	30	FoP	Goutam S Viridi
IX	Basics of Officiating i. Kyorugi ii. Poomsae	Practical & FW	05	FoP	Guest Faculty
X	Teaching Lesson Plan Practice i. Personality (Dress & Look) ii. Lesson Plan iii. Class Organization iv. Demonstration v. Explanation vi. Command vii. Detection of Faults viii. Correction of Faults	Practical & FW	50	FoP	Goutam S Viridi
Internal Assessment – 20					
Total Hours – 300					





DETAILED SYLLABUS - SEMESTER II

THEORY – II

Total Credit: 4

Unit No.	Description / Topics Covered	Teaching Method	No. of Hrs (Period)	Online Classroom	Faculty
I	1. Taekwondo Demonstration i. Introduction ii. Types iii. Contents & Components iv. Program Designing	Lecture & SW	05	Classroom & Online	Marry Rani & Guest Faculty
	2. Talent Identification & LTAD i. Introduction ii. Challenges iii. Tests & Measurement iv. LTAD Model	Lecture & SW	15	Classroom & Online	Goutam S Viridi & Guest Faculty
II	3. Taekwondo at Olympics i. Olympic History ii. Standing Procedure	Lecture & SW	05	Classroom & Online	B. Varsha Singh & Guest Faculty
	4. Ranking Bylaws	Lecture & SW	05	Online	
III	5. Scientific Basis of Taekwondo i. Taekwondo Physique ii. Physiological Demand iii. Biochemical parameters iv. Biomechanical Analysis v. Common Injuries vi. Nutritional Aspects vii. Psychological parameters	Lecture & SW	15	Classroom & Online	Goutam S Viridi & Guest Faculty Marry Rani & Guest Faculty B. Varsha Singh & Guest Faculty
IV	6. Training Methods & Planning i. Needs Analysis ii. Exercise Prescription iii. Program Designing	Lecture & SW	15	Classroom & Online	Goutam S Viridi & Guest Faculty

Internal Assessment – 04

Total Hours – 64

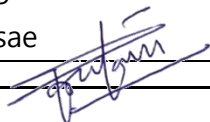
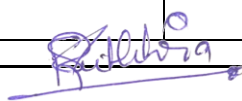





PRACTICAL - II

Total Credit: 10

Unit No.	Description / Topics Covered	Teaching Method	No. of Hrs (Period)	FoP / FW	Faculty
I	Taekwondo Demonstration	Practical	10	FoP	Marry Rani
II	Specific Physical Fitness i. Specific COD Test ii. FSKT Body Kick Test iii. Head Kick Test	Practical	30	FoP	B Varsha Singh
III	Basics of Dan Poomsae I. Koryo II. Keumgang III. Taeback IV. Pyogngwon	Practical & FW	50	FoP	Goutam S Viridi
IV	Basics of Competitive Kyorugi i. Direct Attacking ii. Counter Attacking iii. Trapping iv. Steps Sparring	Practical & FW	50	FoP	All In House Faculties
V	Dan Poomsae Performance i. Koryo ii. Keumgang iii. Taeback iv. Pyongwon	Practical & FW	20	FoP	Guest Faculties
VI	Competitive Kyorugi Performance	Practical & FW	20	FoP	All In House Faculties
VII	Specific Training Methods i. Repetition Method ii. Interval Method iii. Circuit Method iv. Intermittent Method	Practical & FW	40	FoP	All In House Faculties
VIII	Functional Training in Taekwondo i. Movement based	Practical & FW	20	FoP	All In House Faculties
IX	Competition Officiating i. Kyorugi ii. Poomsae	Practical	10	FoP	Guest Faculty

X	Training Lesson Plan Practice i. Personality ii. Lesson Plan iii. Class Organization iv. Demonstration v. Explanation vi. Command vii. Detection of Faults viii. Correction of Faults	Practical & FW	50	FoP	All In House Faculties
Internal Assessment – 20					
Total Hours – 300					

ASSESSMENT			
Contents	Semester 1	Semester 2	Marks
INTERNAL Theory	1. Unit I – MCQ, PPT, Assignment	1. Unit I – MCQ, PPT, Assignment	25x2=50
	2. Unit II – MCQ, PPT, Assignment	2. Unit II – MCQ, PPT, Assignment	25x2=50
	3. Unit III – MCQ, PPT, Assignment	3. Unit III – MCQ, PPT, Assignment	25x2=50
	4. Unit IV –MCQ, PPT, Assignment	4. Unit IV –MCQ, PPT, Assignment	25x2=50
Total Marks 100x2=200			
INTERNAL Practical	1. Specific Physical Fitness	1. Specific Physical Fitness	30x2=60
	2. Skills (Technical)	2. Skills (Tactical)	30x2=60
	3. Performance & Officiating	3. Performance & Officiating	30x2=60
	4. Lesson Plan & Viva	4. Lesson Plan & Viva	60x2=120
Total Marks 150 x 2 = 300			
EXTERNAL Theory	As per the Diploma Exam Manual	As per the Diploma Exam Manual	100 x 2 = 200
EXTERNAL Practical	As per the Diploma Exam Manual	As per the Diploma Exam Manual	350 x 2 = 700
Project	NA	A Project on the allotted topic	100
Internship	NA	2 Months Internship	150



Goutam Singh Viridi

HPD/ Dy Incharge Academics
SAI, Bangalore



Rakesh Singh

Chief Coach – NCOE
RC Lucknow



A.T. Rajeev

Olympic Official (Tokyo & Paris)
Taekwondo Federation of India