

## PE 183X: Tae Kwon Do I

Introduces a working knowledge of the fundamental techniques employed in the art of Tae Kwon Do.

Student provides appropriate sport clothing for activity.

### Course Student Learning Outcomes

Upon completion of the course students should be able to:

- Improve overall body conditioning
- Improve strength, coordination, speed, power, balance, and focus
- Advance student's growth and conditioning toward lifelong fitness
- Develop knowledge and skills in Tae Kwon Do
- Recognize and apply benefits of Tae Kwon Do
- Improve whole body agility and correct alignment
- Develop kinesthetic awareness

Credits: 1

Program: [Physical Education](#)