# Berrien Springs Partnership Syllabus and Instructor Qualifications

CLASS TITLE: Hyde’s Lifestyle Taekwondo

GRADE OR AGE LEVELS: K-12/

WHEN: Mondays and Thursdays

HOW OFTEN (Monday 4:30 to 7:30): HOW OFTEN (Thursday 4:30 to 7:30):

TOTAL SEMESTER HOURS POSSIBLE: 90 hours per Semester( 6 hours per week )

WHERE: 100 S Mechanic (St Life Rx Fitness) Berrien Springs, Mi, 49103

INSTRUCTOR: James Austin Hyde

CONTACT INFORMATION: 269-210-1214 :Hydejames376@gmail.com :Webpage LifeRX.Fit :

## ADDITIONAL REGISTRATION AT SITE REQUIRED? YES NO

IF YES, INSTRUCTIONS FOR REGISTRATION: Class Registrations to be done under Life Rx/Cross Fit gym membership. Web Link: Syncapp.wodhopper.com

## INSTRUCTOR QUALIFICATIONS: Certified

3rd Degree Black Belt Instructor under Victory Taekwondo Association.

COURSE DESCRIPTION (OVERVIEW): Taekwondo is a great program for our students to take. The program teaches our students how to be disciplined in all areas of their life. We teach our students how to have self-control, stay courteous, keep a strong perseverance, and most importantly how to have a indomitable spirit. We focus strictly on our tenants of taekwondo because in doing so we bring out the best in our students.

# SYLLABUS/OUTLINE: WEEKLY BREAKDOWN OF PROJECT-BASED LEARNING ACTIVITY

Describe activities that will reinforce the lesson. Include any work and time to be required outside of class:

 Our students will learn the basic functions of a martial artist in doing so as they move up the belt rankings more advanced techniques will be taught. We will be teaching how to punch and block properly. We will teach strong techniques, basic stances, floor exercises, stretches, form and sparing techniques. Outside of classes student should be working on movements taught in class to obtain a great testing results.

# COURSE OBJECTIVES AND APPROXIMATE TARGET DATES:

Student will be monitored on technique, flexibility, speed, agility ability to follow direction to pass their belt rank testing. Testing will be done by end of each semester.

Steps to check for student understanding, along with dates or # of weeks into class:

# STUDENT ASSESSMENT - what will be used to evaluate student progress and/or end of

# semester pass/fail status?

1) Student agrees to attend at least 80% of class sessions/lessons offered. Attendance

is kept online and tracked by Partnership staff. Failure to meet 80% or be on track

to meet 80% may result in program discontinuation.

2) The Partnership Student Assessment or Performance Form is filled out by the

teacher and turned in to Partnership staff. The link to this form is found on the web

page for this class. Failing marks for lack of participation, behavior issues, practice

time, etc. may result in program discontinuation.

Class-specific assessment: discuss and include the form or a link to the form that you use.

ADDITIONAL RESOURCES: (online, books, video, etc.):

## CLASS POLICIES: ATTENDANCE, BEHAVIOR, WEATHER, ETC.

Attendance: Students must be present in class on time

Weather: Class will always be held if weather permits. If we cant hold class at location due to weather we will hold ZOOM classes.

Other: All student school report cards will be taken into effect for student belt testing we want to produce students with great grades. We also want to be their to encourage them and motivate them as much as we can.