

Songahm Taekwondo Instructor



This program is part of the Health Services pathway and is designed to provide students with the opportunity to serve as employees of American Taekwondo Association (ATA) school and club licensees, or to become an ATA licensee themselves.

In addition, this concentration is designed to instill the skills and knowledge necessary to become a successful entrepreneur. Songahm Taekwondo involves personal development of strength of mind and body. A student in a true, traditional Taekwondo class focuses not just on the physical, but also on discipline, honor, self-control, respect, courtesy and perseverance.

[See this program on the Songahm University website.](#)

What Will I Learn?

The AAS Songahm Martial Arts courses are more than physical training—they are a pathway to leadership, instruction, and entrepreneurship in the martial arts community.

Instructor Development

- Gain the skills and confidence to lead classes, mentor students, and uphold the traditions of Songahm Taekwondo. You'll learn how to structure lessons, manage a training environment, and communicate effectively with diverse learners.

ATA Operations & Leadership

- Prepare to open and manage your own martial arts school. Courses include foundational knowledge in business planning, student recruitment, community engagement, and ethical leadership.

Advanced Martial Arts Curriculum

- Deepen your understanding of ATA forms, sparring techniques, self-defense applications, and belt progression systems—essential for guiding others through their martial arts journey.

Professional Certification Preparation

- The program aligns with standards for instructor certification, helping you meet requirements for teaching within the American Taekwondo Association.

Personal Growth & Discipline

- Develop the life skills of a martial arts leader— courtesy, loyalty, respect, perseverance, honor, integrity, and self-control. These qualities are essential whether you're teaching in a studio or launching your own martial arts school.

[Program Learning Outcomes](#)

"What Can I Do With This Course of Study?"

What Can I Do with an AAS in Songahm Martial Arts?

An Associate of Applied Science (AAS) in Songahm Martial Arts opens doors to a dynamic range of opportunities—both professionally and personally. Whether you're looking to build a career in martial arts or use your training as a foundation for further education, this degree equips you with the skills, discipline, and leadership to succeed.

Certified Martial Arts Instructor

- Lead classes, mentor students, and operate your own ATA-affiliated school.

Fitness & Wellness Coach

- Apply martial arts principles to personal training, group fitness, and holistic wellness programs.

Youth Program Leader

- Work in schools, camps, or community centers to promote discipline, confidence, and physical activity.

Law Enforcement & Security

- Use your training to enhance physical readiness and situational awareness.

Entrepreneurship

- Launch your own martial arts business or expand into related areas, such as online training.

Further Education

- Transfer credits toward a bachelor's degree in kinesiology, sports management, education, or business.

Personal Growth

- Develop lifelong skills in self-defense, confidence, goal-setting, mental resilience, and leadership.
- Become a leader in your community by promoting health, respect, and perseverance.

Songahm Taekwondo Instruction — AAS

Course	Course Title	Counts Toward
Semester 1 (Fall)		
MRKG 1311	Principles of Marketing	ST11
FITT 1371	Local Needs: Topics in Health & Physical Education	ST11
FITT 1164	Practicum or Field Experience Health & Physiology/ Education	ST11
MATH 1324 or MATH 1342	Finite Math or Elementary Statistics	
EDUC 1200	Learning Frameworks	
Semester 2 (Spring)		
BMGT 1325	Office Management	ST11
FITT 1374	Exercise Sciences/ Physiology & Movement Studies	ST11
FITT 1165	Practicum or Field Experience Health & Physiology/Education	ST11
HUMA 1301	Introduction to Humanities	
ENGL 1301 or ENGL 2311	English Composition I or Technical Writing	
Semester 3 (Summer)		
FITT 1280	Cooperative Education: Health and Physical Education, General	ST11
Creative Arts	Suggested: ARTS 1301 or DRAM 1310 Other Options from the Creative Arts Core	

Semester 1 (Fall)

CDEC 1319	Child Guidance	STIA1
FITT 1375	Local Needs: Exercise Sciences/Physiology and Movement Studies	STIA1
FITT 2164	Practicum or Field Experience Health & Physiology/ Education	STIA1
PSYC 2301	Introduction to Psychology	
KINE 1164	Introduction to Physical Fitness & Wellness	

Semester 2 (Spring)

BMGT 1327	Principles of Management	STIA1
CDEC 1359	Children with Special Needs	STIA1
FITT 2165	Practicum or Field Experience Health & Physiology/Education	STIA1
SPCH 1318	Interpersonal Communication	
BIOL 2404	The Human Body	

Semester 3 (Summer)

FITT 1281	Cooperative Education – Health and Physical Education, General	STIA1
KINE 1306	First Aid	

Songahm Taekwondo Instruction (Administration) – STI1

Course	Course Title	Counts Toward
Semester 1 (Fall)		
MRKG 1311	Principles of Marketing	STI1
FITT 1371	Local Needs: Topics in Health & Physical Education	STI1
FITT 1164	Practicum or Field Experience Health & Physiology / Education	STI1
Semester 2 (Spring)		
BMGT 1325	Office Management	STI1
FITT 1374	Exercise Sciences / Physiology & Movement Studies	STI1
FITT 1165	Practicum or Field Experience Health & Physiology / Education	STI1

Semester 3 (Summer)

FITT 1280 Cooperative Education: STI1
Health and Physical
Education, General

Songahm Taekwondo Instruction (Instruction) – STIA1

Course	Course Title	Counts Toward
Semester 1 (Fall)		
CDEC 1319	Child Guidance	STIA1
FITT 1375	Local Needs: Exercise Sciences/Physiology and Movement Studies	STIA1
FITT 2164	Practicum or Field Experience Health & Physiology/ Education	STIA1
Semester 2 (Spring)		
BMGT 1327	Principles of Management	STIA1
CDEC 1359	Children with Special Needs	STIA1
FITT 2165	Practicum or Field Experience Health & Physiology/Education	STIA1
Semester 3 (Summer)		
FITT 1281	Cooperative Education — Health and Physical Education, General	STIA1

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Contact Info.

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