



KINE 131 - Cardio Kickboxing Course Outline

Approval Date: 02/13/2020

Effective Date: 08/14/2020

SECTION A

Unique ID Number CCC000616645

Discipline(s) Coaching
Health
Physical Education

Division Kinesiology & Athletics

Subject Area KINESIOLOGY

Subject Code KINE

Course Number 131

Course Title Cardio Kickboxing

TOP Code/SAM Code 1270.00 - Kinesiology / E - Non-Occupational

Rationale for adding this course to the curriculum Changing subject code to KINE. Changing hours and units, no longer variable.

Units 1.5

Cross List N/A

Typical Course Weeks 18

Total Instructional Hours

Contact Hours

Lecture 0.00

Lab 0.00

Activity 54.00

Work Experience 0.00

Outside of Class Hours 27.00

Total Contact Hours 54

Total Student Hours 81

Open Entry/Open Exit No

Maximum Enrollment 30

Grading Option Letter Grade or P/NP

Distance Education Mode of Instruction On-Campus

SECTION B

General Education Information:

SECTION C

Course Description

Repeatability May be repeated 0 times

Catalog Description This course is designed to provide students with a cardiovascular and muscle conditioning workout through continuous movements such as kicks, punches, jumping rope and calisthenic exercises. Each workout, which begins with a warm-up and finishes with a final stretch, emphasizes proper execution of movements and body alignment. This course is a non-contact workout appropriate for all levels of fitness.

Schedule Description

SECTION D

Condition on Enrollment

1a. Prerequisite(s): *None*

1b. Corequisite(s): *None*

1c. Recommended: *None*

1d. Limitation on Enrollment: *None*

SECTION E

Course Outline Information

1. Student Learning Outcomes:

- A. Students will integrate cardiovascular fitness principles into a kickboxing workout.
- B. Students will show proper technique for cardio kickboxing.

2. Course Objectives: Upon completion of this course, the student will be able to:

- A. Apply exercise principles of proper warm-up, post-workout cool-down including effective flexibility techniques, and muscular isolation exercises for improved strength
- B. Demonstrate proper execution of side kick and back kick
- C. Demonstrate proper execution of two additional punches: the hook punch and the upper cut punch.
- D. Analyze components of cardiovascular fitness and strength training through cardio kickboxing.
- E.

3. Course Content

1. Students will participate in proper pre-workout warm-up segments preparing the body for work; and post-workout cool-down segments consisting of abdominal exercises and stretching. Students will be exposed to cardiovascular fitness concepts, including strength, endurance and flexibility. Students will be instructed on how to measure and cardiovascular fitness.

2. Students will learn the fundamentals of proper kicking and punching technique and the importance of balance and body alignment. Most movements such as knee lifts, front kicks, jabs and crosses will be executed to the front of the body. Students will also learn how to modify movements as needed creating an individualized workout.

3. Students will review fundamentals and learn proper executions of side kicks, back kicks, hooks and uppercuts. Flexibility and balance become more of a focus during movements to the side and back of the body. Students will begin traveling movements side-to-side and forward-backward increasing the intensity of the workout and requiring more coordinated movement.

4. Students will review technique of all kicks and punches and begin executing movements in coordinated patterns using different traveling paths, changing rhythms and varying speeds of movements. Increasing the range of motion of movement is encouraged increasing the intensity of the workout, and providing a challenge for the advanced participant. Flexibility remains an important part of the workout.

4. Methods of Instruction:

Activity: Participation

Lab: Goal Setting

Lecture: Lecturing on proper techniques

Projects: Exercise Logs

Other: GRADES WILL BE BASED UPON: 1. Class participation-students will be required to actively participate in all class activities. 2. Goal setting-Students will establish written and measurable goals for improving fitness levels. 3. Exercise log-written log of daily activities will be required. 4. Written exam on proper warm-ups, elementary and advanced kick boxing skills

5. Methods of Evaluation: Describe the general types of evaluations for this course and provide at least two, specific examples.

Additional assessment information:

GRADES WILL BE BASED UPON:

1. Class participation-students will be required to actively participate in all class activities.
2. Goal setting-Students will establish written and measurable goals for improving fitness levels.
3. Exercise log-written log of daily activities will be required.
4. Written exam on proper warm-ups, elementary and advanced kick boxing skills

Letter Grade or P/NP

6. Assignments: State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

A. Reading Assignments

1. Chapters from Total Fitness text: How to establish a Written Personal Fitness Contract, Testing your Strength, Setting Goals and Tracking Progress

2. Class Handouts-Eating Made Simple by Marion Nestle.

B. Writing Assignments

- Students will be required to record and evaluate daily workout log.
Students will be required to test fitness levels, record and evaluate.
Assignments include goal setting, target heart rate and exercise log

C. Other Assignments

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7. Required Materials

A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.

Book #1:
Author: Leonard, K.
Title: Anybody's Guide to Total Fitness
Publisher: Kendall Hunt Publishing
Date of Publication: 2016
Edition: 11th

B. Other required materials/supplies.

- exercise attire