

KINE-131B: INTERMEDIATE CARDIO KICKBOXING

Justification for this inactivation request

Unable to fill/offer

Effective Term

Fall 2026

CC Approval

08/22/2025

AS Approval

10/09/2025

BOT Approval

10/16/2025

COCI Approval

02/23/2026

SECTION A - Course Data Elements

CB04 Credit Status

Credit - Degree Applicable

Discipline

Minimum Qualifications	And/Or
Coaching (Any Degree and Professional Experience)	Or
Health (Master's Degree)	Or
Physical Education (Master's Degree)	Or

Subject Code

KINE - Kinesiology

Course Number

131B

Department

Kinesiology

Division

Kinesiology & Athletics

Full Course Title

Intermediate Cardio Kickboxing

Short Title

Intermediate Cardio Kickboxing

CB03 TOP Code

1270.00 - Kinesiology

CB08 Basic Skills Status

NBS - Not Basic Skills

CB09 SAM Code

E - Non-Occupational

SECTION B - Course Description

Catalog Course 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 emphasizes proper execution of movements and body alignment. Flexibility, strength training, focus mitt training and muscular endurance activities may also be incorporated. This course is a non-contact workout appropriate for students with an intermediate level of fitness.

SECTION C - Conditions on Enrollment

Open Entry/Open Exit

No

Repeatability

Not Repeatable

Grading Options

Letter Grade or Pass/No Pass

Allow Audit

Yes

Requisites

Advisory Prerequisite(s)

Completion of KINE-131 with a minimum grade of C.

SECTION D - Course Standards

Is this course variable unit?

No

Units

1.50

Activity Hours

54.00

Outside of Class Hours

27

Total Contact Hours

54

Total Student Hours

81

Distance Education Approval

Is this course offered through Distance Education?

Yes

Online Delivery Methods

DE Modalities	Permanent or Emergency Only?
Entirely Online	Permanent
Hybrid	Permanent

SECTION E - Course Content

Student Learning Outcomes

Upon satisfactory completion of the course, students will be able to:

1. Students will demonstrate intermediate kickboxing punches, combinations and intermediate kickboxing kick combinations, utilizing both their dominate and nondominate sides.
2. Learn to apply cardio kickboxing into a lifetime fitness program.

Course Objectives

Upon satisfactory completion of the course, students will be able to:

1. Apply exercise principles of proper warm-up, cool-down, flexibility, strength, and cardiovascular training.
2. Assess effectiveness of cardio kickboxing as a form of cardiovascular training.
3. Design an individualized cardio kickboxing program.
4. Demonstrate intermediate kicks and punches against stationary equipment such as punching bags and paddles.
5. Demonstrate intermediate cooperative exercise technique with fellow students using hand-held paddles and hand mitts.

Course Content

1. Proper pre-workout warm-up segments preparing the body for work; and post-workout cool-down segments consisting of abdominal exercises and stretching.
2. Development and execution of intermediate kicks and punches:
 - a. jab
 - b. crosshook
 - c. roundhouse
 - d. front kick
 - e. uppercut
 - f. side kick
 - g. combination kicks and punches
3. Proper technique of all kicks and punches and progress to executing movements against stationary equipment such as punching bags, paddle, and hand mitts. Safe execution of movements and post-workout flexibility remain important components of the workout.
4. Execution of kicks and punches at an intermediate level demonstrating greater endurance.
5. Incorporating kickboxing into lifetime fitness.

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Activity	Perform daily routine
Lab	Track heart rate
Lecture	Teach proper technique

Online Adaptation

Types	Examples of learning activities
Activity	
Directed Study	
Discussion	
Group Work	
Individualized Instruction	
Journal	
Lecture	

Instructor-Initiated Online Contact Types

Announcements/Bulletin Boards
Chat Rooms

Discussion Boards
E-mail Communication
Video or Teleconferencing

Student-Initiated Online Contact Types

Chat Rooms
Discussions
Group Work

Course design is accessible

Yes

Methods of Evaluation

Methods of Evaluation

Types	Examples of classroom assessments
Exams/Tests	
Projects	Goal Setting
Other	Students will be required to complete skills assessment at the intermediate level.

Assignments

Reading Assignments

1. How to establish a written Personal Fitness Contract Testing your Strength Setting Goals and Tracking Progress Chapters from Total Fitness text.
2. Class Handouts-Eating Made Simple by Marion Nestle

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.

SECTION F - Textbooks and Instructional Materials

Material Type

Textbook

Author

Leonard, K

Title

Anybody's Guide to Total Fitness

Edition/Version

11th

Publisher

Kendall Hunt Publishing

Year

2016

SECTION G - Diversity, Equity and Inclusivity

Course Codes (Admin Only)

CB00 State ID

CCC000616646

CB10 Cooperative Work Experience Status

N - Is Not Part of a Cooperative Work Experience Education Program

CB11 Course Classification Status

Y - Credit Course

CB13 Special Class Status

N - The Course is Not an Approved Special Class

CB23 Funding Agency Category

Y - Not Applicable (Funding Not Used)

CB24 Program Course Status

Program Applicable

Allow Pass/No Pass

Yes

Only Pass/No Pass

No