

KINE-131: 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

131

Department

Kinesiology

Division

Kinesiology & Athletics

Full Course Title

Cardio Kickboxing

Short Title

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, 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.

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

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

Course Objectives

Upon satisfactory completion of the course, students will be able to:	
1.	Apply exercise principles of proper warm-up, post-workout cool-down including effective flexibility techniques, and muscular isolation exercises for improved strength.
2.	Demonstrate proper execution of side kick and back kick.
3.	Demonstrate proper execution of two additional punches: the hook punch and the upper cut punch.
4.	Analyze components of cardiovascular fitness and strength training through cardio kickboxing.

Course Content

- 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.
- 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.
- 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.
- 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.

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Activity	Participation
Lab	Goal Setting
Lecture	Lecturing on proper techniques
Projects	Exercise Logs
Other	<ol style="list-style-type: none"> Class participation-students will be required to actively participate in all class activities. Goal setting - Students will establish written and measurable goals for improving fitness levels. Exercise log-written log of daily activities will be required. Written exam on proper warm-ups, elementary and advanced kick boxing skills

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
Other	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

Assignments

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.

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

Material Type

Other required materials/supplies

Description

Exercise attire

SECTION G - Diversity, Equity and Inclusivity

Course Codes (Admin Only)

CB00 State ID

CCC000616645

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