

KINE-139: KICKBOXING WITH JEET KUNE DO CONCEPTS LEVEL 1

Justification for this inactivation request

Course has not been offered in over three years.

Effective Term

Fall 2026

CC Approval

10/03/2025

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
Physical Education (Master's Degree)	

Subject Code

KINE - Kinesiology

Course Number

139

Department

Kinesiology

Division

Kinesiology & Athletics

Full Course Title

Kickboxing With Jeet Kune Do Concepts Level 1

Short Title

Kickboxing w/Jeet Kune Do 1

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

Entry level kickboxing course incorporating June Fan Jeet Kune Do boxing concepts. Level 1 focuses on conditioning, skills and attribute training. Most techniques and practice drills will be from the kicking and punching range. Some basic trapping techniques will be discussed. No grappling techniques will be incorporated at this level. This course will require student to purchase boxing gloves. Light contact focus mitts provided.

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 acquire knowledge and demonstrate skills to safely engage in physical activity.
2. Students will understand the principles of lifetime fitness and will incorporate fitness activities into a healthy and active lifestyle.

3. Students will use basic principles of health and wellness to develop an informed, personal approach to mental and physical health.

Course Objectives

Upon satisfactory completion of the course, students will be able to:	
1.	Demonstrate basic conditioning for boxing.
2.	Demonstrate basic flexibility training for boxing.
3.	Demonstrate punching and kicking techniques.
4.	Demonstrate proper focus mitt use and proper partner drill technique.
5.	Demonstrate proper footwork and distance from opponent.
6.	Relate Jeet Kune Do (JKD) Concepts as they apply to boxing and kickboxing: a. JKD as a system of attribute training; b. JKD as tactical training for sparring.
7.	Apply proactive health and wellness practices (nutrition, hydration, rest) principles for lifetime fitness.

Course Content

1. Etiquette and citizenship within the realm of martial arts training.
2. Conditioning and flexibility training for boxers.
3. Punching techniques and defense techniques.
4. Kicking techniques and defense techniques.
5. Use and proper partner drill technique.
6. How to hold the focus mitts.
7. How to punch and / or kick the focus mitts.
8. Basic stance, guard and footwork.
9. Proper distance from opponent: punching distance, kicking distance, trapping and grappling distances (last two discussion only).
10. Jun Fan (Bruce Lee) and JKD as a training system not a codified martial arts form.
11. JKD as a system of attribute training.
 - a. Speed
 - b. Endurance
 - c. Timing
 - d. Focus
 - e. Balance
 - f. Coordination
 - g. Power
 - h. Distance Control
 - i. Foot Work
 - j. Rhythm
12. JKD as tactical training for sparring.
 - a. Single direct attack
 - b. Attack by draw
 - c. Progressive indirect attack (discussion and trapping basics only.)
13. Health, Fitness and Wellness .
 - a. Components of physical health and wellbeing: Nutrition, hydration, sleep, stress management, components of fitness (intensity, frequency, duration, recovery)
 - b. Campus resources: Student Services, Health Center, Campus Police

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Activity	1. Conditioning, 2. Shadowboxing 3. partner drills
Critique	Instructor to assess technique
Lecture	Technique demonstration
Visiting Lecturers	Guest instructor

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
 Telephone Conversations
 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	i.e., 1. Test technique i.e., 2. drills Final Exam - Cumulative testing of technique
Class Participation	Conditioning and partner drills
Lab Activities	Footwork, distance and partner drills

Assignments**Reading Assignments**

Chapter Two, "How to Throw a Punch" in Bonnie Canino's text.
 Chapter Four, "Punching Combinations" in Bonnie Canino's text.

Writing Assignments

1. Describe and define the first three levels of attribute training.
2. Why is proper distance from the opponent important?

SECTION F - Textbooks and Instructional Materials**Material Type**

Textbook

Author

Camino, B.

Title

The Body: Basic Boxing and Stand Up Fighting

Edition/Version

1st

Publisher

CreateSpace Independent Publishing Platform

Year

2013

Material Type

Other required materials/supplies

Description

Student is required to purchase boxing gloves.

SECTION G - Diversity, Equity and Inclusivity**Course Codes (Admin Only)****CB00 State ID**

CCC000616677

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