

KINE 131B - Intermediate Cardio Kickboxing Course Outline

Approval Date: 02/13/2020

Effective Date: 08/14/2020

SECTION A

Unique ID Number CCC000616646

Discipline(s) Coaching

Health

Physical Education

Division Kinesiology & Athletics

Subject Area KINESIOLOGY

Subject Code KINE

Course Number 131B

Course Title Intermediate 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. Adding recommended prep.

Units 1.5

Cross List N/A

Typical Course Weeks 1840304 (T)TFM (C) 12336423420355.0875206 re 21540304 (T)TFM (C)

Total Instructional Hours

40304 enue

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 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.

Schedule Description

SECTION D

Condition on Enrollment

1a. **Prerequisite(s):** *None*

1b. **Corequisite(s):** *None*

1c. **Recommended**

KINE 131 with a minimum grade of C or better

1d. **Limitation on Enrollment:** *None*

SECTION E

Course Outline Information

1. **Student Learning Outcomes:**

A.

crosshook

roundhouse

front kick

uppercut

side kick

combinations kicks and punches

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.

Execution of kicks and punches at an intermediate level demonstrating greater endurance.

Incorporating kickboxing into lifetime fitness.

4. Methods of Instruction:

Activity: Perform daily routine

Lab: track heart rate

Lecture: teach proper technique

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

Typical classroom assessment techniques

Exams/Tests --

Projects -- Goal Setting

Additional assessment information:

Students will be required to complete skills assessment at the intermediate level.

Letter Grade or P/NP

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.