

Course Outline

COURSE: PE 81 **DIVISION:** 40 **ALSO LISTED AS:** KIN 81

TERM EFFECTIVE: Fall 2011 **Inactive Course**

SHORT TITLE: KICKBOXING FOR FITNESS

LONG TITLE: Kickboxing for Fitness

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
.5 OR 1	18	Lecture:	0	0
		Lab:	1.5 OR 3	27 OR 54
		Other:	0	0
		Total:	1.5 OR 3	27 OR 54

COURSE DESCRIPTION:

This course utilizes basic kickboxing techniques and physical conditioning in a cardio exercise program. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass. This course is now listed as Kinesiology 81, effective Fall 2011.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

- L - Standard Letter Grade
- P - Pass/No Pass

REPEATABILITY: R - Course may be repeated
 Maximum of 3 times

SCHEDULE TYPES:

- 04 - Laboratory/Studio/Activity

STUDENT LEARNING OUTCOMES:

1. Students will calculate their target heart rate and apply their THR to determine their cardiovascular improvement.

Measure: written exam, demonstration, pre and post testing

ILO: 2, 7, 6, 1

GE-LO: A1, B3, E1

2. Students will explain the components that make up a complete fitness program and incorporate them in class workouts.

Measure: written exam, oral exam, performance

ILO: 2, 7, 1

GE-LO: A1, A2, E1

3. Students will describe the three components of a cardiovascular fitness program (FIT) and apply them to class workouts.

Measure: written exam, performance

ILO: 2, 7, 1

GE-LO: A2, E1

4. Students will perform a variety of teacher instructed routines.

Measure: demonstration

ILO: 7, 2, 4

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Inactive Course: 11/08/2010

This course is now listed as Kinesiology 81, effective Fall 2011.

Curriculum Approval Date: 11/24/2008

NOTE: The class format will include: warm-up, including flexibility training; aerobic training; kickboxing skills; and a cool-down. Hand weights and step boxes may be used for additional lower and upper body strength training and conditioning.

3 - 6 Hours

Course introduction, including course syllabus, grading, and class requirements. Safety factors will be presented. The benefits of a proper warm-up and cool-down will be discussed. Information will be provided on how to calculate your target heart rate. Pre-test to determine their fitness level. Utilize class format as described above.

SPO: Students will calculate their THR and be able to explain the benefits of a warm-up and cool-down. The importance of safety will be discussed by the students.

4.5 - 9 Hours

The punches used in kickboxing for fitness; including jabs, upper cuts, speed bag, hook, and combinations; will be presented. These punches will be incorporated in an exercise routine. Information will be provided on the components that make up a complete fitness program. Presentation on the three components of a cardiovascular fitness program (FIT).

SPO: The student will demonstrate the various punches. They will perform the components that make up a complete fitness program and describe what FIT stands for.

4.5 - 9 Hours

Review of punches. Demonstration of the kicks used for cardio-kickboxing. This will include the front, side, back, and combination kicks. Introduction of a non-contact kickboxing exercise routine using kicks.

SPO: The student will demonstrate the kicks. They will perform non-contact kickboxing exercise routine(s).

4.5 - 9 Hours

Review and practice of the individual skills learned to date. Development of combinations; such as leg lift and side kick; leg lift, side kick, jumping jacks; and the combinations practiced earlier in the class.

SPO: The student will demonstrate at least three combinations. They will monitor their cardiovascular fitness progress through the use of their THR.

3 - 6 Hours

Continue to review and practice the skills that have been covered in earlier classes. The following basic cardio-kickboxing skills will be incorporated into class workouts: one-step punch, three-step punch, double time, jab, kick, upper cut, squats, and jumping jacks.

SPO: The student will perform a variety of teacher instructed routines.

4.5 - 9 Hours

Classes will continue to include the review of individual kickboxing skills and incorporate these skills into combination cardio-kickboxing routines. The opportunity for students to design a routine may be provided.

SPO: Students will participate in instructor designed routines. Students will monitor their cardiovascular fitness improvement through the use of their THR.

1.5 - 3 Hours

Post-testing to evaluate each student's fitness level.

SPO: The student will complete the post-testing.

2 Hours

Final.

Students who repeat this class will have the opportunity to improve their skill development and their fitness level. The students skills or proficiencies will be enhanced by supervised repetition and practice.

METHODS OF INSTRUCTION:

demonstration, guided practice, discussion

METHODS OF EVALUATION:

The types of writing assignments required:

Percent range of total grade: 0 % to 0 %

If this is a degree applicable course, but substantial writing assignments are not appropriate, indicate reason:

-- Course primarily involves skill demonstration or problem solving

The problem-solving assignments required:

Percent range of total grade: 5 % to 10 %

-- Other: Calculating THR percentage.

The types of skill demonstrations required:

Percent range of total grade: 20 % to 40 %

-- Performance Exams

The types of objective examinations used in the course:

Percent range of total grade: 10 % to 30 %

-- Completion

Any other methods of evaluation:

Percent range of total grade: 40 % to 60 %

-- Student participation required.

REPRESENTATIVE TEXTBOOKS:

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 200970

CSU GE:

CSU E, effective 200970

IGETC:

CSU TRANSFER:

Transferable CSU, effective 200970

UC TRANSFER:

Not Transferable

SUPPLEMENTAL DATA:

Basic Skills: N
Classification: A
Noncredit Category: Y
Cooperative Education:
Program Status: 1 Program Applicable
Special Class Status: N
CAN:
CAN Sequence:
CSU Crosswalk Course Department: PE
CSU Crosswalk Course Number: 81
Prior to College Level: Y
Non Credit Enhanced Funding: N
Funding Agency Code: Y
In-Service: N
Occupational Course: E
Maximum Hours: 1
Minimum Hours: .5
Course Control Number: CCC000506215
Sports/Physical Education Course: Y
Taxonomy of Program: 083500