

**Course Outline**

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

**TERM EFFECTIVE:** Fall 2019                      **CURRICULUM APPROVAL DATE:** 10/9/2018

**SHORT TITLE:** KICKBOXING FITNESS - LEVEL 1

**LONG TITLE:** Kickboxing for Fitness - Level 1

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

**COURSE DESCRIPTION:**

This course utilizes basic kickboxing techniques and physical conditioning in a cardio exercise program. Emphasis will be on student's exercising at a moderate (40% - 50% THR) exertion level. This course has the option of a letter grade or pass/no pass. Courses should be taken in sequential order.

**PREREQUISITES:**

**COREQUISITES:**

**CREDIT STATUS:** D - Credit - Degree Applicable

**GRADING MODES**

L - Standard Letter Grade

P - Pass/No Pass

**REPEATABILITY:** N - Course may not be repeated

**SCHEDULE TYPES:**

04 - Laboratory/Studio/Activity

04A - Laboratory - LEH 0.65

## **STUDENT LEARNING OUTCOMES:**

1. Utilize the Karvonen formula to calculate their target heart rate and then apply this information to determine they are participating in kickboxing class workouts at 40% - 50% of their THR.

Measure of assessment: worksheet, demonstration, pre and post testing

2. Demonstrate at least four basic kickboxing punches and at least two basic kickboxing kicks.

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

Curriculum Approval Date: 10/9/2018

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

Content: 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 one's Target Heart Rate (THR) using the maximum heart rate formula - Karvonen formula. Pre-test to determine their fitness level. Utilize class format as described above.

Student Performance Objectives: Calculate their Target Heart Rate (THR) using the Karvonen formula and explain the benefits of a warm-up and cool-down. Discuss the importance of safety.

4.5 - 9 Hours

Content: Presentation on the basic kickboxing punches - the jab and the cross. Perform high/low jabs and/or a combination of a jab and a cross while maintaining a workout rate that is 40% - 50% of their THR.

Incorporate upper body strength training exercises in the workout routine, including regular push-ups.

Combine cardio movements, such as sliding or jumping jacks, with a combination of punches, such as right jab, left jab, right cross, left cross at the end of the cardio movement. Presentation on the general principles of FITTE with the emphasis on "I" - Intensity.

Student Performance Objectives: Demonstrate the kickboxing punches - the jab and the cross - and perform them in a combination. Monitor their cardiovascular fitness through the use of their THR to determine their exercise intensity - "I". Discuss the general principles of FITTE.

4.5 - 9 Hours

Content: Review the jab and the cross and introduce the basic kickboxing punches - hook and uppercut.

Introduce a variety of routines that incorporate the basic punches - jab, cross, hook, and uppercut. The combinations might be - 3 jabs and a cross or a hook followed by an uppercut. Cardio work, such as utilizing the jump rope in between combinations, could be included.

Student Performance Objectives: Demonstrate the technique for the basic kickboxing punches - the hook and the uppercut. Perform at least three punch routine combinations, including utilizing cardio movements. Monitor their cardiovascular fitness progress through the use of their THR and determine their intensity level.

4.5 - 9 Hours

Content: Review of all punches. Demonstration of the basic kicks used for cardio-kickboxing - the front kick and the back kick. Introduction of a non-contact kickboxing exercise routine using these two kicks.

Incorporate lower body strength training exercises in the workout, including squats and abdominal conditioning.

Student Performance Objectives: Demonstrate the front kick and the back kick. Perform non-contact kicks in a kickboxing exercise routine.

3 - 6 Hours

Content: Review and practice the basic techniques for each individual punch and kick learned to date.

Develop combinations that work both the upper body and lower body, as well as improving cardiovascular fitness. This might include an upper body combination of punches with a knee lift and/or with a front or a back kick.

Student Performance Objectives: Demonstrate at least three combination routines. Monitor their cardiovascular fitness through the use of their heart rate and maintain a workout rate that is 40% - 50% of their THR.

4.5 - 9 Hours

Content: Classes will continue to include a review of the basic kickboxing techniques presented and incorporate these skills into combination cardio-kickboxing routines. Review of the general principles of FITTE, including the importance of monitoring one's THR to determine "I"ntensity, will be followed by a discussion of the "E" - enjoyment in FITTE.

Student Performance Objectives: Participate in instructor designed routines. Monitor their cardiovascular fitness improvement through the use of their THR. Discuss the "E" in FITTE.

1.5 - 3 Hours

Content: Post-testing to evaluate each student's fitness level and basic kickboxing punch - jab, cross, hook, and uppercut and kick - front and back - techniques.

Student Performance Objectives: Participate in post-testing.

2 Hours

#### **METHODS OF INSTRUCTION:**

Demonstration, guided practice, discussion

#### **OUT OF CLASS ASSIGNMENTS:**

Required Outside Hours: 0

Assignment Description: No out of class assignments are required as this is a lab course.

#### **METHODS OF EVALUATION:**

Writing assignments

Percent of total grade: 0.00 %

If this is a degree applicable course, but substantial writing assignments are not appropriate, indicate reason: Course primarily involves skill demonstration or problem solving

Problem-solving assignments

Percent of total grade: 5.00 %

Percent range of total grade: 5% to 10% Other: Calculating THR percentage.

Skill demonstrations

Percent of total grade: 20.00 %

Percent range of total grade: 20% to 40% Demonstration Exams

Objective examinations

Percent of total grade: 10.00 %

Percent range of total grade: 10% to 30% Completion

Other methods of evaluation

Percent of total grade: 40.00 %

#### **REPRESENTATIVE TEXTBOOKS:**

No textbook required for this lab class. Handouts will be provided as needed

## **ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

GAV E1, effective 201470

CSU GE:

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201470

UC TRANSFER:

Not Transferable

## **SUPPLEMENTAL DATA:**

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: KIN

CSU Crosswalk Course Number: 81A

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000550826

Sports/Physical Education Course: Y

Taxonomy of Program: 127000