

Course Outline

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

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

SHORT TITLE: KICKBOXING FITNESS - LEVEL 3

LONG TITLE: Kickboxing for Fitness - Level 3

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 punches and kicks in a combination kickboxing routine and physical conditioning in a cardio exercise program. Emphasis will be on student's exercising at a high (60% - 80% THR) intensity 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. Explain the four components that make up a complete fitness program and incorporate them in their kickboxing class workouts which will be at 50% - 60% of their THR.

Measure of assessment: written exam, oral exam, demonstration, pre and post testing

Year assessed, or planned year of assessment: 2017

Semester: Fall

2. Demonstrate at least four intermediate kickboxing punch combinations and at least three intermediate kickboxing kick combinations, utilizing both their dominant and non-dominant sides.

Measure of assessment: demonstration

Year assessed, or planned year of assessment: 2017

Semester: Fall

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: Orientation of course requirements. Students will determine their target heart rate. Pre-testing to determine their current cardio-kickboxing fitness. Review kickboxing techniques from level 2 - including sidekicks, punching and kicking with both the dominant and non-dominant arm/leg and the material covered, including the components that make up a complete fitness program.

Student Performance Objectives: Participate in class cardio-kickboxing workouts and monitor their THR to determine if they are exercising at 60% - 80% of their THR. Review the components that make up a complete fitness program and identify and demonstrate exercises that fit into each of them.

4.5 - 9 Hours

Content: Introduce the use of the hop with a combination of punches to increase difficulty. Add the skill of blocking, both of punches and kicks. Perform combination workouts that incorporate punches, blocks, and kicks while maintaining a workout rate that is 60% - 80% of their THR. Include strength training exercises in the workout routine, including triangle push-ups and bench dips. Introduce the cardio movement "ice skaters" with a combination of punches, blocks, and/or kicks. Review from level 2 on the principles of FITTE. The importance of exercising 1 or 2 days outside of class time, based on the "F"requency of exercise will be stressed as well as exercising at a high level (60% - 80% of THR) of "I"ntensity.

Student Performance Objectives: Demonstrate the proper technique for blocking punches and kicks. Participate in a variety of cardio kickboxing routines utilizing both the hop and the "ice skater". Monitor their THR to determine their exercise "I"ntensity level. Review the principles of FITTE and discuss the importance of exercising outside of class time based on the "F"requency in the FITTE principles.

4.5 - 9 Hours

Content: Continue to review and practice the skills presented. Introduce the pivot and kick. Workouts will include a combination that includes a variety of punches with a pivot and kick (pivot and front kick, pivot and back kick, pivot and side kick - with both the right and left leg), as well as cardio movements that utilize the "ice skater".

Student Performance Objectives: Demonstrate the pivot and kick. Perform a variety of routines, utilizing the pivot and kick with both their right and left leg.

4.5 - 9 Hours

Content: Demonstration of the technique for the roundhouse kick. Workouts will incorporate the roundhouse kick into combination movements. Introduce routines that combine both upper body (punches/blocks) and lower body (kicks/blocks) kickboxing exercises.

Student Performance Objectives: Demonstrate the proper technique for the roundhouse kick, utilizing both their right and left leg. Participate in class workouts and utilize their target heart rate to determine their effort.

3 - 6 Hours

Content: Continue to review and practice the advanced kickboxing skills that have been presented in earlier classes and incorporate them in combination routines with cardio movement patterns. This may include the

utilization of partner drills. The opportunity for students to design a routine may be provided. The second "T" in FITTE will be discussed.

Student Performance Objectives: Demonstrate a variety of routines that combine both upper and lower body kickboxing exercises and utilize all the skills presented. Monitor their cardiovascular fitness through the use of their heart rate and maintain a workout rate that is 60% - 80% of their THR. Explain the "T"types of equipment they could use to help them improve their overall kickboxing fitness.

4.5 - 9 Hours

Content: Classes will continue to incorporate a variety of routines that utilize the advanced kickboxing skills learned throughout the course. Emphasis will be on combining both upper body and lower body kickboxing exercises, utilizing both sides of the body, while incorporating cardio patterns. Performing exercises at double time may be included.

Student Performance Objectives: Participate in class workouts. Monitor their kickboxing cardiovascular fitness improvement through the use of their THR.

1.5 - 3 Hours

Content: Post-testing to evaluate each student's fitness level and kickboxing technique.

Student Performance Objectives: Complete 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:

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: 81C

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: CCC000550900

Sports/Physical Education Course: Y

Taxonomy of Program: 127000