

Course Outline

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

TERM EFFECTIVE: Spring 2014 **CURRICULUM APPROVAL DATE:** 05/13/2013

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. This course has the option of a letter grade or pass/no pass. Previously listed as PE 81.

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

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

GE-LO: E1

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

Curriculum Approval Date: 05/13/2013

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.

JUSTIFICATION:

The department is requesting a name change, from the Physical Education and Athletics Department to the Department of Kinesiology and Athletics.

The reasons for this action include:

- 1) A desire to follow suit with the 4-year colleges and universities.
- 2) A trend in the field. Community colleges are moving in this direction with Cabrillo College already taking this action. Others such as Sacramento City College, Mission College, and Diablo Valley College are also in the process of changing their name as well. Gavilan College can be a leader in this trend.
- 3) This more closely describes what our profession is about.
"Kinesiology is the academic discipline concerned with the art and science of human movement."
- 4) The state academic senate has proposed that Kinesiology and Exercise Science majors be added to the Disciplines List so they have recognized the move in this direction.
- 5) Over recent years, there have been discussions within the State

regarding the need to streamline Physical Education as a discipline. This would help with the negative connotation that is often identified with this discipline. Gavilan College has worked hard to modify our programs to meet State requirements for our major. The name change would be another step in the right direction.

REPRESENTATIVE TEXTBOOKS:

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 201170

CSU GE:

CSU E1, effective 201170

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201170

UC TRANSFER:

Transferable UC, effective 201170

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: KIN

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: CCC000528236

Sports/Physical Education Course: Y

Taxonomy of Program: 127000