



5055 Santa Teresa Blvd
Gilroy, CA 95023

Course Outline

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

TERM EFFECTIVE: Summer 2026

CURRICULUM APPROVAL DATE: 10/14/2025

SHORT TITLE: KICKBOXING FITNESS - LEVEL 1

LONG TITLE: Kickboxing for Fitness - Level 1

<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

Out of Class Hrs: 00.00

Total Learning Hrs: 27.00 OR 54.00

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.

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

05 - Hybrid

71 - Dist. Ed Internet Simultaneous

73 - Dist. Ed Internet Delayed LAB

73A - Dist. Ed Internet LAB-LEH 0.65

STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

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

COURSE OBJECTIVES:

By the end of this course, a student should:

1. Demonstrate the front kick and the back kick.
2. Demonstrate the basic kickboxing punches technique - the hook and the uppercut.
3. Demonstrate the basic kickboxing punches technique - the jab and the cross.
4. Explain the benefits of a warm-up and cool-down.
5. Monitor cardiovascular fitness using (THR) to determine exercise intensity.
6. Calculate the Target Heart Rate (THR) for various exercise intensities.
7. Perform at least three punch routine combinations

COURSE CONTENT:

Curriculum Approval Date: 10/14/2025

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.

4 - 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.

4 - 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 could be included, such as utilizing the jump rope in between combinations.

4.5 - 9 Hours

Content: Review of all punches. Demonstrate the basic kicks used for cardio-kickboxing - the front and back kicks. Introduce a non-contact kickboxing exercise routine using these two kicks. Incorporate lower body strength training exercises, including squats and abdominal conditioning.

3.5 - 7 Hours

Content: Review and practice the basic techniques for each individual punch and kick learned to date. Develop combinations that work both the upper and lower body and improve cardiovascular fitness. This might include an upper-body combination of punches with a knee lift and/or with a front or a back kick.

COURSE CONTENT(CONTINUED):

4.5 - 9 Hours

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

2 Hours Final Exam.

METHODS OF INSTRUCTION:

demonstration, guided practice, discussion

METHODS OF EVALUATION:

Problem-solving assignments

Evaluation Percent 5

Evaluation Description

Other: Calculating THR percentage.

Skill demonstrations

Evaluation Percent 20

Evaluation Description

Demonstration Exams

Other methods of evaluation

Evaluation Percent 75

Evaluation Description

REPRESENTATIVE TEXTBOOKS:

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

ARTICULATION and CERTIFICATE INFORMATION

GAV GE:

GAV E1

GAV Area 7

Transferable CSU

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

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Course Control Number: CCC000550826

Sports/Physical Education Course: Y

Taxonomy of Program: 127000