

Course Outline

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

TERM EFFECTIVE: Spring 2021 **CURRICULUM APPROVAL DATE:** 12/8/2020

SHORT TITLE: KICKBOXING FITNESS - LEVEL 2

LONG TITLE: Kickboxing for Fitness - Level 2

<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 intermediate level kickboxing techniques and physical conditioning in a cardio exercise program. Emphasis will be on student's exercising at an intermediate (50% - 60% 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
- 05 - Hybrid
- 71 - Dist. Ed Internet Simultaneous
- 73 - Dist. Ed Internet Delayed LAB
- 73A - Dist. Ed Internet LAB-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 dominate and non-dominate 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: 12/8/2020

DE MODIFICATION ONLY

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. Review material from level 1 - including the technique for the basic kickboxing punches and front and back kick, as well as how to take their pulse, the formula used to calculate their target heart rate, and what the "I" and "E" in the FITTE principle mean. Pre-testing to determine their current aerobic capacity.

Student Performance Objectives: Demonstrate the technique for the basic kickboxing punches and the front and the back kick. Calculate their target heart rate utilizing the Karvonen formula and participate in pre-testing. Explain the "I" and "E" in the FITTE principle.

4.5 - 9 Hours

Content: Incorporate the use of the squat with a combination of punches. Perform combination workouts that include three or four punches with a kick while maintaining a workout rate that is 50% - 60% of their THR.

Introduce upper body strength training exercises in the workout routine, including triceps push-ups.

Incorporate cardio movement, such as the grapevine, with a combination of punches. Or a flurry of punches or speed bag at the beginning and/or end of various cardio movements. Review of the general principles of FITTE, followed by a discussion about the amount of "T" - time one should exercise.

Student Performance Objectives: Demonstrate the proper technique for a variety of combination punches and perform them with a variety of cardio movements. Monitor their THR to determine their exercise intensity. Explain the importance of the amount of "T"ime spent exercising.

4.5 - 9 Hours

Content: Continue to review and practice the skills that have been covered in earlier classes. Workouts will include upper body combinations with a single kick or lower body combinations with a single punch, as well as cardio movement patterns. Emphasis will be on making sure students utilize both their right and left sides when performing punches and kicks.

Student Performance Objectives: Perform a variety of routines. Utilize both their dominate and non-dominate sides when demonstrating punches and kicks.

4.5 - 9 Hours

Content: Demonstration of the technique for the side kick. Workouts will incorporate the side kick into combination movements. Presentation on the components that make up a complete fitness program - flexibility, muscular strength, muscular endurance, and cardio respiratory. Classes will include these components as a part of the cardio kickboxing workout routines.

Student Performance Objectives: Demonstrate the proper technique for the side kick, utilizing both their right and left leg. Describe and demonstrate the components that make up a complete fitness program.

Participate in class workouts and utilize their target heart rate to determine their effort.

3 - 6 Hours

Content: Continue to review and practice the intermediate 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 stations, step/kickboxing, and/or bag work.

Student Performance Objectives: Demonstrate at least five combination routines, including utilizing the side kick. Monitor their cardiovascular fitness through the use of their heart rate and maintain a workout rate that is 50% - 60% of their THR.

4.5 - 9 Hours

Content: Classes will continue to include a variety of flexibility, muscular strength, muscular endurance, and cardio respiratory kickboxing activities. Combination routines will incorporate a variety of intermediate kickboxing punches and kicks. Emphasis will be on utilizing both one's dominate and non-dominate sides.

Student Performance Objectives: Participate in instructor designed routines. 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

Final

METHODS OF INSTRUCTION:

Demonstration, guided practice, discussion

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 %

Percent range of total grade: 40% to 60% Student participation required.

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: 81B

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: CCC000550825

Sports/Physical Education Course: Y

Taxonomy of Program: 127000