

KIN 0009 - CARDIO KICKBOXING

Catalog Description

Formerly known as PHED 13

Hours: 36 activity per unit

Description: An intense non-contact cardiovascular workout utilizing kicking and punching techniques for differing fitness levels to include: warm-up, cardiovascular segment, muscle conditioning exercises, stretching, and cool down. (CSU, UC-with unit limitation)

Course Student Learning Outcomes

- CSLO #1: Differentiate and demonstrate the applications and modifications of proper and safe flexibility and kickboxing exercising techniques.
- CSLO #2: Assess and rank target areas of the human body and discuss appropriate defensive choices.
- CSLO #3: Construct an individual overall fitness plan.

Effective Term

Fall 2019

Course Type

Credit - Degree-applicable

Contact Hours

18-72

Outside of Class Hours

9-36

Total Student Learning Hours

27-108

Course Objectives

1. Evaluate level of physical fitness using varied assessments targeting muscular strength, muscular endurance, flexibility, cardiovascular endurance, and body composition.
2. Determine appropriate individual aerobic training heart rate levels and perceived exertion;
3. Interpret and demonstrate the applications, modifications, and range of motion of proper and safe kicking and punching as well as other exercise techniques
4. Research and describe the connections between optimal wellness and consistent exercise programs, proper nutrition, and stress management techniques.

General Education Information

- Approved College Associate Degree GE Applicability
 - AA/AS - Health Ed/Physical Ed
- CSU GE Applicability (Recommended-requires CSU approval)
 - CSUGE - E2 Physical Activity

- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

Articulation Information

- CSU Transferable
- UC Transferable

Methods of Evaluation

- Classroom Discussions
 - Example: Through discussions, students will be required to list the health related components of fitness and describe an example of a method used to assess fitness level of each.
- Problem Solving Examinations
 - Example: Students will be required to calculate their target training zone. Example: Using one of the approved methods, show the process for calculating target training zone based on your individual data.
- Reports
 - Example: Students will be required to summarize in writing the relationship between exercise, nutrition, and stress management in promoting overall wellness.
- Skill Demonstrations
 - Example: Students will be required to successfully pass skill demonstrations. Example: Student will explain and successfully demonstrate three kickboxing techniques.

Repeatable

No

Methods of Instruction

- Activity
- Distance Learning

Activity:

1. Instructor-led lecture on the proper techniques for safe kicking and punching. Students will demonstrate the proper technique for safe and effective kicking and punching.
2. Instructor-led lecture on flexibility and body composition. Students will assess their own flexibility.

Distance Learning

1. Discussion by the instructor on levels of physical fitness. The students discuss this topic in small groups. (Objective 1)
2. Instructor will lead a discussion on individual target heart rate levels. The students will discuss this topic in small groups.

Typical Out of Class Assignments Reading Assignments

1. Read an instructor-supplied handout on the Physical Activity Guidelines for Americans to prepare to participate in a class discussion.
2. Read materials from health and fitness publications on the benefits and risks of cardio kickboxing as a form of exercise. Provide a list for a classroom discussion.

Writing, Problem Solving or Performance

1. Read three or more articles on stress in a current health periodical and write a summary on the benefits of exercise as a stress management tool. 2. Complete a personal one day food diary and using an instructor approved resource; evaluating nutritional intake in terms of meeting recommendations. Summarize findings and include ideas for improvement.

Other (Term projects, research papers, portfolios, etc.)

Required Materials

- The Kickboxing Handbook
 - Author: John Ritschel
 - Publisher: Rosen Publishing Group
 - Publication Date: 2015
 - Text Edition:
 - Classic Textbook?:
 - OER Link:
 - OER:
- Fitness through Aerobics
 - Author: Jan Bishop
 - Publisher: Benjamin Cummings
 - Publication Date: 2016
 - Text Edition: 9th
 - Classic Textbook?:
 - OER Link:
 - OER:

Other materials and-or supplies required of students that contribute to the cost of the course.