



## **KINE 131B - Intermediate Cardio Kickboxing Course Outline**

**Approval Date:** 02/13/2020

**Effective Date:** 08/14/2020

### **SECTION A**

**Unique ID Number** CCC000616646

**Discipline(s)** Coaching  
Health  
Physical Education

**Division** Kinesiology & Athletics

**Subject Area** KINESIOLOGY

**Subject Code** KINE

**Course Number** 131B

**Course Title** Intermediate Cardio Kickboxing

**TOP Code/SAM Code** 1270.00 - Kinesiology / E - Non-Occupational

**Rationale for adding this course to the curriculum** Changing subject code to KINE. Changing hours and units, no longer variable. Adding recommended prep.

**Units** 1.5

**Cross List** N/A

**Typical Course Weeks** 18

**Total Instructional Hours**

#### **Contact Hours**

**Lecture** 0.00

**Lab** 0.00

**Activity** 54.00

**Work Experience** 0.00

**Outside of Class Hours** 27.00

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**Total Contact Hours** 54

**Total Student Hours** 81

**Open Entry/Open Exit** No

**Maximum Enrollment** 30

**Grading Option** Letter Grade or P/NP

Distance Education Mode of Instruction On-Campus

## SECTION B

General Education Information:

## SECTION C

### Course Description

**Repeatability** May be repeated 0 times

**Catalog Description** This course is designed to provide students with a cardiovascular and muscle conditioning workout through continuous movements such as kicks, punches, jumping rope and calisthenic exercises. Each workout emphasizes proper execution of movements and body alignment. Flexibility, strength training, focus mitt training and muscular endurance activities may also be incorporated. This course is a non-contact workout appropriate for students with an intermediate level of fitness.

### Schedule Description

## SECTION D

### Condition on Enrollment

1a. **Prerequisite(s):** *None*

1b. **Corequisite(s):** *None*

1c. **Recommended**

- KINE 131 with a minimum grade of C or better

1d. **Limitation on Enrollment:** *None*

## SECTION E

### Course Outline Information

#### 1. Student Learning Outcomes:

- A. Students will demonstrate intermediate kickboxing punches, combinations and intermediate kickboxing kick combinations, utilizing both their dominant and nondominant sides.
- B. Learn to apply cardio kickboxing into a lifetime fitness program.

#### 2. Course Objectives: Upon completion of this course, the student will be able to:

- A. Apply exercise principles of proper warm-up, cool-down, flexibility, strength, and cardiovascular training 2. Assess effectiveness of cardio kickboxing as a form of cardiovascular training 3. Design an individualized cardio kickboxing program 4. Demonstrate intermediate kicks and punches against stationary equipment such as punching bags and paddles 5. Demonstrate intermediate cooperative exercise technique with fellow students using hand-held paddles and hand mitts

B.

#### 3. Course Content

Proper pre-workout warm-up segments preparing the body for work; and post-workout cool-down segments consisting of abdominal exercises and stretching.

Development and execution of intermediate kicks and punches:

jab

crosshook

roundhouse

front kick

uppercut

side kick

combinations kicks and punches

proper technique of all kicks and punches and progress to executing movements against stationary equipment such as punching bags, paddle, and hand mitts. Safe execution of movements and post-workout flexibility remain important components of the workout.

Execution of kicks and punches at an intermediate level demonstrating greater endurance.

Incorporating kickboxing into lifetime fitness.

#### **4. Methods of Instruction:**

**Activity:** Perform daily routine

**Lab:** track heart rate

**Lecture:** teach proper technique

**5. Methods of Evaluation:** Describe the general types of evaluations for this course and provide at least two, specific examples.

#### **Typical classroom assessment techniques**

Exams/Tests --

Projects -- Goal Setting

Additional assessment information:

Students will be required to complete skills assessment at the intermediate level.

Letter Grade or P/NP

**6. Assignments:** State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

##### A. Reading Assignments

1. How to establish a written Personal Fitness Contract Testing your Strength Setting Goals and Tracking Progress Chapters from Total Fitness text.

2. Class Handouts-Eating Made Simple by Marion Nestle

##### B. Writing Assignments

Students will be required to record and evaluate daily workout log.

Students will be required to test fitness levels, record and evaluate.

Assignments include goal setting, target heart rate and exercise log.

##### C. Other Assignments

D.

#### **7. Required Materials**

**A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.**

Book #1:

Author: Leonard, K.  
Title: Anybody's Guide to Total Fitness  
Publisher: Kendall Hunt Publishing  
Date of Publication: 2016  
Edition: 11th

**B. Other required materials/supplies.**