KFIT 21.1 Course Outline as of Fall 2016

CATALOG INFORMATION

Dept and Nbr: KFIT 21.1 Title: CARDIO KICKBOXING Full Title: Cardio Kickboxing Last Reviewed: 4/27/2020

Units		Course Hours per Week	ľ	Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.50	Lab Scheduled	3.00	6	Lab Scheduled	52.50
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 26.25

Total Student Learning Hours: 78.75

Title 5 Category:	AA Degree Applicable
Grading:	Grade or P/NP
Repeatability:	00 - Two Repeats if Grade was D, F, NC, or NP
Also Listed As:	
Formerly:	

Catalog Description:

This course emphasizes a total body workout through cardio kickboxing. Cardio kickboxing incorporates punches and kicks in a choreographed routine to music to improve cardiovascular conditioning, muscular endurance, and body composition. Course will also include resistance training and core exercises.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:

Description: This course emphasizes a total body workout through cardio kickboxing. Cardio kickboxing incorporates punches and kicks in a choreographed routine to music to improve cardiovascular conditioning, muscular endurance, and body composition. Course will also include resistance training and core exercises. (Grade or P/NP) Prerequisites/Corequisites:

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree: CSU GE:	Area Transfer Area	L	Effective: Effective:	Inactive: Inactive:	
IGETC:	Transfer Area			Effective:	Inactive:
CSU Transfer	:Transferable	Effective:	Fall 2013	Inactive:	
UC Transfer:	Transferable	Effective:	Fall 2013	Inactive:	

CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Student Learning Outcomes:

At the conclusion of this course, the student should be able to:

- 1. Perform cardio kickboxing exercises with proper form and intensity for fitness level.
- 2. Create a cardio kickboxing individual fitness program.

Objectives:

1. Demonstrate kicks, punches, and endurance exercises with proper technique and coordination.

2. Explain modifications, regressions, and progressions for cardio kickboxing and muscular endurance exercises.

- 3. Calculate and monitor exercise intensity using target heart rate and perceived rate of exertion.
- 4. Identify basic anatomy and biomechanics principles.
- 5. Explain proper nutritional guidelines for fitness and wellness.
- 6. Describe and explain components of a dynamic warm-up and cool-down for cardio kickboxing routine.
- 7. Perform static flexibility exercises.
- 8. Assess current fitness level and fitness goals.

Topics and Scope:

- I. Warm-up Activities
 - A. Low intensity cardiovascular exercise
 - B. Shoulder and leg warm-up exercises to prepare for punches and kicks.
 - C. Dynamic stretching
- II. Cardio Kickboxing Exercises
 - A. Punches and arm movements
 - 1. Hook
 - 2. Upper cut
 - 3. Jab and cross jab

- 4. Block
- 5. Elbow
- B. Kicks and leg movements
 - 1. Front, side, back kick
 - 2. Roundhouse
 - 3. Knee strike
- C. Other movements
 - 1. Bob and weave
 - 2. Slip
 - 3. Push-ups
 - 4. Jumping jacks
 - 5. Jump rope
 - 6. Squat jumps
 - 7. Shuffle
- III. Resistance Training
 - A. Free weights
 - B. Bands
 - C. Body weight resistance exercises
 - D. Core exercises
- IV. Cool-down
- V. Flexibility
- VI. Muscle identification and biomechanics
 - A. Safety and injury prevention
 - B. Modifications, regressions, and progressions for fitness level and injuries.
- VII. Heart Rate
 - A. Target heart rate
 - B. Rate of perceived exertion
- VIII. Fitness testing (fitness level assessment)
 - A. Body composition analysis
 - B. Cardiovascular and muscular endurance tests
- IX. Proper nutritional habits for fitness and wellness

Assignment:

- 1. Fitness assessments (2-4 per semester)
- 2. Written goals (2-4 per semester, 1 page each)
- 3. 1-3 objective quizzes, exams
- 4. 1-4 written reports and/or journals
- 5. Body composition calculation
- 6. Target heart rate calculation
- 7. Performance exams

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Reports and/or journals, goals

Writing 0 - 15% **Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or noncomputational problem solving skills.

Problem solving Target heart rate calculation 0 - 10% Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams. Performance exams, fitness assessment including body composition Exams: All forms of formal testing, other than skill performance exams. Exams Quizzes and exams 10 - 30%

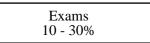
Other: Includes any assessment tools that do not logically fit into the above categories.

Attendance and participation

Representative Textbooks and Materials:

Fitness & Health, 7th Edition. Sharkey and Gaskill. Human Kinetics: 2013 Instructor prepared materials

Skill Demonstrations				
10 - 30%				



Other Category	
40 - 60%	