

**KFIT 21.1 Course Outline as of Summer 2022****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		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, core exercise, and stretching.

**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, core exercise, and stretching. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:  
Limits on Enrollment:  
Transfer Credit: CSU;UC.  
Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>			Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>CSU Transfer:</b>	Transferable	Effective:	Fall 2013	Inactive:	
<b>UC Transfer:</b>	Transferable	Effective:	Fall 2013	Inactive:	

### **CID:**

#### **Certificate/Major Applicable:**

Both Certificate and Major Applicable

## **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. Perform resistance training and core exercise with proper form according to fitness level.

### **Objectives:**

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

1. Demonstrate kicks, punches, and endurance exercises with proper technique and coordination.
2. Explain and demonstrate 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 dynamic and static flexibility exercises.
8. Assess current fitness level and fitness goals.

### **Topics and Scope:**

#### **I. Warm-up Activities**

- A. Low intensity cardiovascular exercise
- B. Upper and lower body 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. Stability ball
  - E. 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. Healthy Eating Habits for Fitness and Wellness

### **Assignment:**

Students are expected to spend an additional one and one-half hours per week outside of class completing one or more of the following assignments:

- 1. Fitness assessments (2 per semester)
- 2. Written goals (1-2 per semester)
- 3. Objective quizzes, exam(s) (1 - 3)
- 4. Written report(s) and/or journal(s) (1 - 4)
- 5. Target heart rate calculation
- 6. 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 non-computational problem solving skills.

Target heart rate calculation

Problem solving  
0 - 5%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Performance exams, fitness assessment including body composition

Skill Demonstrations  
10 - 30%

**Exams:** All forms of formal testing, other than skill performance exams.

Quizzes and exams

Exams  
10 - 30%

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

Attendance and participation

Other Category  
40 - 60%

### **Representative Textbooks and Materials:**

ACSM's Complete Guide to Health and Fitness. 2nd ed. Bushman, Barbara. American College of Sports Medicine. 2017

Instructor prepared materials