

# KIN A114: CARDIO-KICK BOXING LEVEL 1

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083500 - Physical Education
Units	1-2 Total Units
Hours	36-72 Total Hours (Lecture Hours 9-18; Lab Hours 27-54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• OC Life Skills - Activity - AA (OE2)

## Course Description

Designed for students with beginning and intermediate kickboxing ability. Students will learn and improve on a series of combative boxing and kickboxing maneuvers (mainly kicking and punching movements). The objectives of these movements (as well as combinations of them) is to improve cardiovascular and muscular endurance, speed, strength, power, agility and flexibility. In conjunction with improvements in general fitness, this practice of self-defense aims to reduce stress, and improve cognitive processes and focus. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

## Course Level Student Learning Outcome(s)

1. Demonstrate safety through the proper use of equipment, fighting stance, footwork, and breathing techniques during combative movements.
2. Demonstrate a series of combinations both offensively and defensively while working with other students.
3. Demonstrate punching and kicking movements, as well as defensive movements to avoid contact with an opponent.

## Course Objectives

- 1. Demonstrate an understanding of the rules needed to maintain a safe environment.
- 2. Experiment with basic combative movements via shadowboxing drills; individually and with other students
- 3. Apply the proper stance to basic combative movements.
- 4. Express self-respect and respect for others as demonstrated through cooperation in class activities.
- 5. Demonstrate hand, foot, and eye coordination as evidenced by correct execution of kickboxing movement patterns
- 6. Identify basic anatomy and biomechanics principles.
- 7. Understand the importance of a dynamic warm-up, cool down, and the practice of flexibility.

- 8. Improve overall fitness with practice of cardiovascular and muscular endurance, strength, power, speed, and agility exercises

## Lecture Content

Lecture Content: A. Safety Rules a. Posture/body positioning/stance b. Breathing technique c. Equipment d. Partner work B. Basic Offensive Moves a. Shadowboxing b. Jab c. Hook d. Cross e. Uppercut f. Elbow strike g. Knee strike h. Kicks (right/left, front, side) C. Basic Defensive Moves a. Block b. Slip c. Bob and weave D. Basic Anatomy and Biomechanics a. Major muscles b. Main joints c. Force and velocity of movement E. Basic Strength, Power, Speed, and Agility Exercises F. Movement combinations a. Stringing offensive movements together to form kickboxing combinations i. Muscular endurance ii. Power iii. Speed iv. Agility v. Stress relief b. Stringing defensive movements together to compliment partners offensive movements i. Cognitive processes ii. Focus

## Lab Content

Daily drills as they relate to individual skills and partner work Daily cardiovascular, strength, power, speed, and agility training to improve all areas of fitness Collaborative learning Partner demonstrations

## Method(s) of Instruction

- Lecture (02)
- Lab (04)

## Instructional Techniques

Demonstrations of recommended and contraindicated exercises; lecture and application of ideas; instructor feedback and corrections; video lectures

## Reading Assignments

In Class Reading Discussion and Demonstrations 1-2 hours of weekly homework of reading handouts followed by verbal class discussion

## Writing Assignments

Writing assignment: 4-week kickboxing training program Covers elements of cardiovascular conditioning, muscular endurance, strength, power, speed, agility, flexibility; as well as a proper warm up and cool down Inclusion of various combinations for overall fitness

## Out-of-class Assignments

Written analysis, written paper 1-2 hours of weekly homework of reading handouts followed by verbal class discussion

## Demonstration of Critical Thinking

Written analysis of activities of daily living and the need for improved flexibility; written paper on effects of stress on health and benefits of relaxation and breathing techniques; demonstration of proper stretching techniques

## Required Writing, Problem Solving, Skills Demonstration

Written analysis of activities of daily living and the need for improved flexibility; written paper on effects of stress on health and benefits of relaxation and breathing techniques; demonstration of proper stretching techniques

## Eligible Disciplines

Kinesiology: Masters degree in kinesiology, physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education OR Bachelors degree in any of the above AND Masters degree in any life science, dance physiology, health education, recreation administration or physical therapy OR the equivalent. Physical education: Masters degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelors degree in any of the above AND masters degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Masters degree required.

## Other Resources

1. Selected handout materials to be provided and distributed by the instructor.