KIN A214: CARDIO KICKBOXING LEVEL 2

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)
Associate Arts Local General Education (GE)	• OC Life Skills - Activity - AA (OE2)

Course Description

Designed for students with intermediate and advanced kickboxing ability. Students will learn and improve on a series of advanced 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.

Course Level Student Learning Outcome(s)

1. Demonstrate advanced punching and kicking movements, as well as defensive movements to avoid contact with opponent.
2. Demonstrate a series of advanced combinations both offensively and defensively while working with other students.

Course Objectives

- 1. Demonstrate an understanding of the rules needed to maintain a safe environment.
- 2. Practice 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 though cooperation in class activities.
- 5. Demonstrate hand, foot, and eye coordination as evidenced by correct execution of advanced kickboxing movement patterns.
- 6. Identify advanced 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 advanced cardiovascular and muscular endurance, strength, power, speed, and agility exercises.

Lecture Content

Safety Rules Posture/body positioning/stance Breathing technique Equipment Partner work Advanced Offensive Moves Shadowboxing Jab Hook Cross Uppercut Elbow strike Knee strike Kicks (right/left, front, side) Advanced Defensive Moves Block Slip Bob and weave Advanced Anatomy and Biomechanics Major muscles Main joints Force and velocity of movement Advanced Strength, Power, Speed, and Agility Exercises Advanced Movement Combinations Stringing offensive movements together to form advanced kickboxing combinations Muscular endurance Power Speed Agility Stress relief Stringing defensive movements together to complement partners offensive movement Cognitive processes 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

Handouts, Reading Materials, Demonstration

Reading Assignments

Articles and instructor provided materials.

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, Workout Development 1-2 hours of weekly homework of handouts followed by verbal class discussion and demonstration of skills learned.

Demonstration of Critical Thinking

Written Assignments and Skill Demonstration. Students will be required to apply what they are learning to personal fitness.

Required Writing, Problem Solving, Skills Demonstration

Written Assignmnets and Skill Demonstration

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. Instructor provided handouts and other reading materials.