

Course Outline of Record

1. Course Code: KINE-071
2.
  - a. Long Course Title: Kickboxing Aerobics
  - b. Short Course Title: KICKBOXING AEROBICS
3.
  - a. Catalog Course Description:  
 This course is an aerobics class providing beginning, intermediate, and advanced instruction in principles, techniques, and practices of aerobic conditioning using the style and choreography of martial arts. Students learn proper body mechanics and footwork involved with the different styles of kicks, punches, blocking, elbows, and knee strikes. These exercises strengthen and condition all of the major muscle groups as well as providing an efficient workout on the cardiovascular system. Students also learn basic fitness principles associated with physical fitness and the benefits it has on a healthy lifestyle.
  - b. Class Schedule Course Description:  
 Kickboxing provides participants with aerobic fitness as well as martial arts principles of movement.
  - c. Semester Cycle (if applicable): N/A
  - d. Name of Approved Program(s):  
    - FITNESS SPECIALIST
4. Total Units: 1.00      Total Semester Hrs: 36.00  
 Lecture Units: 0.5      Semester Lecture Hrs: 9.00  
 Lab Units: 0.5      Semester Lab Hrs: 27.00  
 Class Size Maximum: 40      Allow Audit: No  
 Repeatability No Repeats Allowed  
 Justification 0
5. Prerequisite or Corequisite Courses or Advisories:  
*Course with requisite(s) and/or advisory is required to complete Content Review Matrix (CCForm I-A)*  
N/A
6. Textbooks, Required Reading or Software: (List in APA or MLA format.) N/A
7. Entrance Skills: *Before entering the course students must be able:*  
a. Be eligible to take college level credit courses.

8. Course Content and Scope:

Lecture:

1. Beginning Cardiorespiratory conditioning
2. Historical aspects of the practice?
3. Fitness trends in kickboxing
4. Beginning muscular strength and conditioning
5. Beginning core work and drills
6. Agility training
7. Healthy Diet and Body Composition
8. Core training
9. Muscular endurance exercises and individual program design

Lab: (if the "Lab Hours" is greater than zero this is required)

- a. Warm-up exercises flexibility training.
- b. Kickboxing techniques, proper alignment.
- c. Different martial arts techniques.

- d. Cardiovascular conditioning.
- e. Basic to advanced martial arts choreography.
- f. Muscular strength exercises.
- g. core strengthening exercises.
- h. Jump rope techniques.

9. Course Student Learning Outcomes:

1. Perform, with an increasing degree of proficiency, elementary fitness activities that demonstrate measurable improvements in coordination, aerobic capacity, muscular strength and overall flexibility.
2. Demonstrate an understanding of the relationship between fitness, nutrition and weight management.
3. Identify those health habits associated with optimum wellness and physical well-being.

10. Course Objectives: *Upon completion of this course, students will be able to:*

- a. Perform warm up exercises to stretch the body to prepare for a more vigorous exercise.
- b. Demonstrate locomotor movements to set the body moving through space.
- c. Demonstrate the strength that enables the body to sustain the movement to facilitate aerobic conditioning.
- d. Read resting, active, and recovery heart rates.
- e. Demonstrate a higher energy level.
- f. Change body composition by losing fat and increasing lean body mass.
- g. Reduce stress and the byproducts of stress.
- h. Reduce resting heart rate.
- i. Improve lung capacity.
- j. Understand the risks of cardiovascular disease.
- k. Invoke a sense of discipline into their daily regimen.
- l. Demonstrate an understanding of safety and injury prevention.
- m. Establish short term and long term goal setting in a personalized fitness journal.
- n. Perform athletic sports conditioning drills that improve agility, quickness, overall endurance, and cardiovascular fitness.
- o. Demonstrate the kicks, punches, elbows, knee strikes, and combinations used in boxing and kickboxing.

11. Methods of Instruction: *(Integration: Elements should validate parallel course outline elements)*

- a. Activity
- b. Demonstration, Repetition/Practice
- c. Discussion
- d. Individualized Study
- e. Journal
- f. Laboratory
- g. Lecture
- h. Participation
- i. Self-exploration

Other Methods:

Guest speakers. Student reports. Audio/visual presentations.

12. Assignments: *(List samples of specific activities/assignments students are expected to complete both in and outside of class.)*

In Class Hours: 36.00

Outside Class Hours: 18.00

- a. In-class Assignments

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1. Fitness worksheets  
2. Body composition analysis  
3. Cardiorespiratory analysis

## b. Out-of-class Assignments

a. Reading assignments with written reports.  
b. Viewing of video programs with reports.  
c. Keeping of a journal of personal fitness/nutrition.  
d. Written evaluation of kickboxing aerobics course as it relates to their personal fitness level.  
e. Technology assignments (operate a body composition machine and the use of the Internet for current fitness literature).

## 13. Methods of Evaluating Student Progress: *The student will demonstrate proficiency by:*

- Written homework
- Critiques
- Portfolios
- Self-paced testing
- Laboratory projects
- Group activity participation/observation
- Mid-term and final evaluations
- Student preparation

## 14. Methods of Evaluating: Additional Assessment Information:

a. Written assignments based upon outside reading  
b. Accurately calculating target heart rate, basal metabolic rate, and caloric intake  
c. Demonstrating proper form and style of the art  
d. Successfully passing multiple choice test on course objectives

## 15. Need/Purpose/Rationale -- *All courses must meet one or more CCC missions.*

PO-GE C5 – Personal Growth and Development

Exhibit habits of intellectual exploration, personal responsibility, and well being.

IO - Personal and Professional Development

Demonstrate an understanding of ethical issues to make sound judgments and decisions.

## 16. Comparable Transfer Course

University System	Campus	Course Number	Course Title	Catalog Year
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## 17. Special Materials and/or Equipment Required of Students:

Jump ropes

## 18. Materials Fees: Required Material?

Material or Item	Cost Per Unit	Total Cost
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## 19. Provide Reasons for the Substantial Modifications or New Course:

periodic review and course modification

## 20. a. Cross-Listed Course (Enter Course Code): *N/A*

b. Replacement Course (Enter original Course Code): PE-071

## 21. Grading Method (choose one): Letter Grade Only

## 22. MIS Course Data Elements

a. Course Control Number [CB00]: CCC000256168

b. T.O.P. Code [CB03]: 83500.00 - Physical Education

c. Credit Status [CB04]: D - Credit - Degree Applicable

d. Course Transfer Status [CB05]: A = Transfer to UC, CSU

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- e. Basic Skills Status [CB08]: 2N = Not basic skills course
- f. Vocational Status [CB09]: Not Occupational
- g. Course Classification [CB11]: Y - Credit Course
- h. Special Class Status [CB13]: N - Not Special
- i. Course CAN Code [CB14]: N/A
- j. Course Prior to College Level [CB21]: Y = Not Applicable
- k. Course Noncredit Category [CB22]: Y - Not Applicable
- l. Funding Agency Category [CB23]: Y = Not Applicable
- m. Program Status [CB24]: 1 = Program Applicable

Name of Approved Program (if program-applicable): FITNESS SPECIALIST

Attach listings of Degree and/or Certificate Programs showing this course as a required or a restricted elective.)

## 23. Enrollment - Estimate Enrollment

First Year: 0

Third Year: 0

## 24. Resources - Faculty - Discipline and Other Qualifications:

- a. Sufficient Faculty Resources: Yes
- b. If No, list number of FTE needed to offer this course: N/A

## 25. Additional Equipment and/or Supplies Needed and Source of Funding.

N/A

## 26. Additional Construction or Modification of Existing Classroom Space Needed. (Explain:)

N/A

## 27. FOR NEW OR SUBSTANTIALLY MODIFIED COURSES

Library and/or Learning Resources Present in the Collection are Sufficient to Meet the Need of the Students Enrolled in the Course: Yes

28. Originator Wendy Ansley Origination Date 10/13/14