I. INTRODUCTION:

A. The purpose of this course is to introduce students to the basic movements and techniques of Kickboxing/Aerobics. This course is not intended to provide instruction in self-defense. The movements and techniques employed have been modified to serve the purpose of providing a cardiovascular workout.

B. This course meets curriculum requirements for the Central Texas College Programs for an Associate Degree and the transferability of courses to other institutions.

OVERALL OR GENERAL OBJECTIVES OF THE COURSE:

Upon successful completion of this course, Kickboxing/Aerobics, the student will be able to:

a. Discuss the health related components of fitness to include: cardiovascular endurance, muscular strength and muscular endurance, flexibility and body composition.

b. Explain how Kickboxing/Aerobics contributes to overall cardiovascular conditioning.

c. Demonstrate the Skills and Techniques for the basic punches and kicks of Kickboxing/Aerobics.

d. Follow the recommendations for adequate nutrition.

e. Develop a lifetime personalized aerobic program to improve mind/body and wellness.

f. Pass written tests and skills assessment technique for Kickboxing/Aerobics.
C. INSTRUCTIONAL MATERIALS:

a. The instructional materials identified for this course are viewable through www.ctcd.edu/books

b. Instructor Handouts.

c. Optional: Wraps, gloves, jump ropes, medicine balls.

D. REQUIREMENTS FOR THE CLASS ARE AS FOLLOWS:

1. Attend class regularly
2. Be on time
3. Suit out in proper dress
4. Pass written and skills assessment technique examinations.

GRADE COMPUTATION

Participation * = 50%
Skill Evaluation = 25%
Written Examinations = 25%

*Participation grade will include suiting out in proper attire, positive contributions to class and team efforts, promptness in beginning activities, constant and maximum effort toward activity objectives, and demonstration of good sportsmanship.

If for any reason a student is unable to participate FULLY in class activities for an extended period of time (i.e. pregnancy, injury, or illness), it is suggested that he/she withdraw from the class. Excessive absences or limited participation will have a negative effect on the grade.

ABSENCES AND TARDIES

1. Absences numbers one(1) and two(2) – No penalty
2. Absence number three (3) – 5 points will be deducted from your final grade (based on 100 point scale).
3. Absence number four (4) – 10 points will be deducted from your final grade (based on 100 point scale).
4. Should you exceed four (4) absences, you will be withdrawn from the class. (See “CTC Absentee Policy” in college catalogue).
5. Two (2) points will be deducted from your final grade for each tardy.
6. There will be no make-up classes.
The student will be required to provide a documented excuse when missing either written exams or skills tests. It will be his/her responsibility to arrange with the instructor the missed exam. Students who fail to make such arrangements immediately upon their return to class will not be allowed to take the test.

ATTENDANCE PROCEDURES:

It will be the responsibility of the student to sign the attendance sheet before beginning class. Students arriving late to class must sign a tardy sheet. Students who arrive more than 15 minutes after class-time will be counted absent. Students who leave class early without consulting with the instructor will be counted absent. Students who sign in and leave class will be penalized and subject to administrative withdrawal. This action will be considered academic dishonesty.

CLASS ATTIRE:

Court shoes or athletic shoes, blue shorts and plain white T-shirts are the accepted uniform for physical education activity classes. For outside activities when the weather is cold, blue, white or grey sweats are acceptable. Because of the special nature of the class, instructor may make exceptions to the dress policy. Students will not be allowed to attend class unless properly suited out.

Students may not participate in street clothes or street shoes (i.e…. jeans, sweaters, Shirts, boat shoes, etc…). Students may not wear tank tops or midriff type t-shirts.

MEDICAL:

Students who have a health problem should obtain a document from a physician explaining the program and an approval for participation in the activity in which the student is involved. A current physical exam is recommended.

Disability Support Services provides services to students who have appropriate documentation of a disability. Students requiring accommodations for class are responsible for contacting the Office of Disability Support Services (DSS) located on the central campus. This service is available to all students, regardless of location. Explore the website at www.ctcd.edu/disability-support for further information. Reasonable accommodations will be given in accordance with the federal and state laws through the DSS office.
V. COURSE OUTLINE:

A. Unit One: The history and benefits of Kickboxing/Aerobics, biomechanics, and physiology of exercise.

1. Unit Objectives: Upon successful completion of this unit the student will be able to:

   a. Discuss the history, and origin of Kickboxing/Aerobics.
   b. Use and care for Kickboxing/Aerobics equipment.
   c. Discuss the benefits, biomechanics and physiology of Cardio Kickboxing.
   d. Calculate their training heart rate using the Karvonen Formula, Maximum Heart Rate (zero to peak) and Use the Rate of Perceived Exertion Borg Scale.
   e. Pass written test on history and benefits of Kickboxing/Aerobics, Biomechanics and physiology of exercise.

2. Learning Activities:
   a. Classroom lecture/discussion.
   b. Instructor will show how to use and care for equipment.
   c. Instructor will show how to calculate the training heart rate using the Karvonen Formula, Maximum Heart Rate (zero to peak) and how to use the Rate of Perceived Exertion/Borg Scale.
   d. Instructor will demonstrate the differences between aerobic and anaerobic training.
   e. Students will learn the major muscles involved in the basic punches and kicks.
   f. Students will review for mid test.

B. Unit Two: Skills and Technique

1. Unit Objectives: Upon successful completion of this unit the student will be able to:

   a. Demonstrate step-by-step the basic punches and kicks of Cardio Kickboxing.
   b. Discuss the anatomy of the basic punches and kicks.
   c. Demonstrate full body movements to include: bob and weave and boxer’s shuffle.
   d. Discuss Interval Training, Cross Training, and Isolation Training.
   e. Demonstrate a proper warm-up, Kickboxing/Aerobics combination, and Cool-Down.
   f. Discuss injury prevention and first aid.
   g. Pass written tests and skills assessments technique.
2. Learning Activities:
   a. Classroom lecture/discussion.
   b. Instructor will show the different punches and kicks.
   c. Students will be evaluated on Warm-up, Cool-Down, Cardio Kickboxing aerobic/anaerobic training and resistance training.
   d. Instructor will demonstrate how to set up a circuit training for Kickboxing/Aerobics.
   e. Instructor will demonstrate the basic body movements to include: Bob and weave and boxer’s shuffle.
   f. Students will set up circuit training for Kickboxing/Aerobics.
   g. Students will discuss injury prevention and first aid.
   h. Students will demonstrate the basic body movements to include: Bob and weave and boxer’s shuffle.
   i. Students will demonstrate and discuss the correct body alignment and technique for the basic punches and kicks.
   j. Students will review for final written test.