

KIN R120A: KICKBOXING FOR FITNESS I

Originator

elawley

College

Oxnard College

Discipline (CB01A)

KIN - Kinesiology

Course Number (CB01B)

R120A

Course Title (CB02)

Kickboxing for Fitness I

Banner/Short Title

Kickboxing for Fitness I

Credit Type

Credit

Start Term

Fall 2021

Formerly

PE R131A - Kickboxing for Fitness I

Catalog Course Description

This physical education course uses kickboxing and conditioning techniques for losing weight, toning muscles and developing cardiorespiratory fitness. Kicking shields and focus mitts are used for training. Transfer credit: CSU;UC.

Taxonomy of Programs (TOP) Code (CB03)

0835.00 - Physical Education

Course Credit Status (CB04)

D (Credit - Degree Applicable)

Course Transfer Status (CB05) (select one only)

A (Transferable to both UC and CSU)

Course Basic Skills Status (CB08)

N - The Course is Not a Basic Skills Course

SAM Priority Code (CB09)

E - Non-Occupational

Course Cooperative Work Experience Education Status (CB10)

N - Is Not Part of a Cooperative Work Experience Education Program

Course Classification Status (CB11)

Y - Credit Course

Educational Assistance Class Instruction (Approved Special Class) (CB13)

N - The Course is Not an Approved Special Class

Course Prior to Transfer Level (CB21)

Y - Not Applicable

Course Noncredit Category (CB22)

Y - Credit Course

Funding Agency Category (CB23)

Y - Not Applicable (Funding Not Used)

Course Program Status (CB24)

1 - Program Applicable

General Education Status (CB25)

Y - Not Applicable

Support Course Status (CB26)

N - Course is not a support course

Field trips

Will not be required

Grading method

Letter Graded

Does this course require an instructional materials fee?

No

Repeatable for Credit

No

Is this course part of a family?

Yes

Select the other courses that make up this family

PE R131B - Kickboxing for Fitness II

PE R133A - Boxing for Fitness I

PE R133B - Boxing for Fitness II

Units and Hours

Carnegie Unit Override

No

In-Class

Lecture

Activity

Laboratory

Minimum Contact/In-Class Laboratory Hours

52.5

Maximum Contact/In-Class Laboratory Hours

52.5

Total in-Class

Total in-Class

Total Minimum Contact/In-Class Hours

52.5

Total Maximum Contact/In-Class Hours

52.5

Outside-of-Class

Internship/Cooperative Work Experience

Paid

Unpaid

Total Outside-of-Class

Total Outside-of-Class

Total Student Learning

Total Student Learning

Total Minimum Student Learning Hours

52.5

Total Maximum Student Learning Hours

52.5

Minimum Units (CB07)

1

Maximum Units (CB06)

1

Student Learning Outcomes (CSLOs)

Upon satisfactory completion of the course, students will be able to:

- | | |
|---|---|
| 1 | Increase cardiorespiratory conditioning Method of Assessment:SLO # 1 is assessed via an in-class timed physical stamina assessment demonstrating a 30% increase in the number of punches executed per minute.Rubric:The satisfactory number of punches per minute is 50 |
| 2 | Demonstrate the ability to combine single elements into kickboxing combinationsMethod of AssessmentSLO #2is assessed via an in-class physical skills activityRubric:A satisfactory combination contains a minimum of 3 elements combining kicks with punches |

Course Objectives

Upon satisfactory completion of the course, students will be able to:

- | | |
|----|---|
| 1 | Explain the basic nutritional concepts involved in developing a balanced diet |
| 2 | Evaluate "target heart rate" during exercise. |
| 3 | Demonstrate proper mechanics of the jab (punch) |
| 4 | Demonstrate proper mechanics of the cross (punch) |
| 5 | Demonstrate proper mechanics of the hook (punch) |
| 6 | Execute a front kick and explain the basic mechanics of the kick |
| 7 | Execute a side kick and explain the mechanics of the kick |
| 8 | Execute a round house kick and explain the basic mechanics of the kick |
| 9 | Demonstrate proficiency on training equipment |
| 10 | Execute proper kick boxing footwork |

Course Content

Lecture/Course Content

1. Basic introduction to the kickboxing workout
 - a. Appropriate methods of warming the muscles with calisthenics prior to the aerobic workout
 - b. A conditioning routine designed to strengthen muscles
 - c. Cool down routine: Isometrics and stretching techniques focusing on developing flexibility
2. Learning basic kickboxing mechanics

- a. Proper skeletal alignment will be taught when executing straight punches such as the “jab” and the “cross”
 - b. Defensive techniques derived from kickboxing such as “slipping” and the “bob and weave” drill will be covered
 - c. The front kick, side kick and round house kick will be taught which target the lower body for weight loss and muscle toning
3. Equipment
- a. Focus mitts: Development of proper body mechanics, accuracy, speed and focus when punching
 - b. Kicking shields: Development of muscle tone and cardiovascular conditioning
 - c. Kicking pads: Development of accuracy
4. How to develop a personalized exercise regimen based on individual needs that can be done at home
- a. How to determine duration and length of the workout
 - b. How to establish sets and number of repetitions for the workout
 - c. How to choose which techniques are appropriate for a solo workout
 - d. How a chair or other home furniture can serve as a workout partner at home
 - e. How to include your children or others into your workout

Laboratory or Activity Content

1. Basic introduction to the kickboxing workout
 - a. Appropriate methods of warming the muscles with calisthenics prior to the aerobic workout
 - b. A conditioning routine designed to strengthen muscles
 - c. Cool down routine: Isometrics and stretching techniques focusing on developing flexibility
2. Learning basic kickboxing mechanics
 - a. Proper skeletal alignment will be taught when executing straight punches such as the “jab” and the “cross”
 - b. Defensive techniques derived from kickboxing such as “slipping” and the “bob and weave” drill will be covered
 - c. The front kick, side kick and round house kick will be taught which target the lower body for weight loss and muscle toning
3. Equipment
 - a. Focus mitts: Development of proper body mechanics, accuracy, speed and focus when punching
 - b. Kicking shields: Development of muscle tone and cardiovascular conditioning
 - c. Kicking pads: Development of accuracy
4. How to develop a personalized exercise regimen based on individual needs that can be done at home
 - a. How to determine duration and length of the workout
 - b. How to establish sets and number of repetitions for the workout
 - c. How to choose which techniques are appropriate for a solo workout
 - d. How a chair or other home furniture can serve as a workout partner at home
 - e. How to include your children or others into your workout

Methods of Evaluation

Which of these methods will students use to demonstrate proficiency in the subject matter of this course? (Check all that apply):

Skills demonstrations
Written expression

Methods of Evaluation may include, but are not limited to, the following typical classroom assessment techniques/required assignments (check as many as are deemed appropriate):

Journals
Skills demonstrations

Instructional Methodology

Specify the methods of instruction that may be employed in this course

Audio-visual presentations
Class activities
Class discussions
Distance Education
Demonstrations
Group discussions
Instructor-guided interpretation and analysis
Instructor-guided use of technology
Lecture
Role-playing
Small group activities

Describe specific examples of the methods the instructor will use:

Methods may include, but are not limited to:

- A. Physical demonstration of exercises by the instructor
- B. Students and the instructor will participate physically throughout the class period
- C. Instructed –guided utilization of training equipment
- D. Students will practice physical drills with each other. This method of exercise is geared towards developing accuracy in the technique by having a “live” target to work with
- E. Students will pair up in order to assist one another with the conditioning exercises performed during class

Representative Course Assignments**Writing Assignments**

Typical graded assignments (methods of evaluation):

1. Nutritional journal tracking eating habits to evaluate whether student is maintaining a balanced diet
2. Exercise journal tracking how often students exercise to determine whether or not they are exercising sufficiently
3. Execution of basic punches and kicks taught in class.

Reading Assignments

None

Other assignments (if applicable)

None

Outside Assignments**Articulation****Comparable Courses within the VCCCD**

KIN M43 - Cardio Kickboxing
KIN V16 - Aerobic Kickboxing

District General Education**A. Natural Sciences****B. Social and Behavioral Sciences****C. Humanities****D. Language and Rationality****E. Health and Physical Education/Kinesiology****E2. Physical Education**

Approved

F. Ethnic Studies/Gender Studies

CSU GE-Breadth

Area A: English Language Communication and Critical Thinking

Area B: Scientific Inquiry and Quantitative Reasoning

Area C: Arts and Humanities

Area D: Social Sciences

Area E: Lifelong Learning and Self-Development

E Lifelong Learning and Self-Development

Approved

CSU Graduation Requirement in U.S. History, Constitution and American Ideals:

IGETC

Area 1: English Communication

Area 2A: Mathematical Concepts & Quantitative Reasoning

Area 3: Arts and Humanities

Area 4: Social and Behavioral Sciences

Area 5: Physical and Biological Sciences

Area 6: Languages Other than English (LOTE)

Textbooks and Lab Manuals

Resource Type

Other Resource Type

Description

Handouts, "Wellness Sheets".

Resource Type

Other Instructional Materials

Description

Boxing gloves.

Resource Type

Other Instructional Materials

Description

Jump ropes.

Resource Type

Other Instructional Materials

Description

Kicking pads.

Resource Type

Other Instructional Materials

Description

Focus mitts.

Resource Type

Other Instructional Materials

Description

Kicking shields.

Distance Education Addendum**Definitions****Distance Education Modalities**

Hybrid (51%–99% online)

Hybrid (1%–50% online)

100% online

Faculty Certifications

Faculty assigned to teach Hybrid or Fully Online sections of this course will receive training in how to satisfy the Federal and state regulations governing regular effective/substantive contact for distance education. The training will include common elements in the district-supported learning management system (LMS), online teaching methods, regular effective/substantive contact, and best practices.

Yes

Faculty assigned to teach Hybrid or Fully Online sections of this course will meet with the EAC Alternate Media Specialist to ensure that the course content meets the required Federal and state accessibility standards for access by students with disabilities. Common areas for discussion include accessibility of PDF files, images, captioning of videos, Power Point presentations, math and scientific notation, and ensuring the use of style mark-up in Word documents.

Yes

Regular Effective/Substantive Contact**Hybrid (1%–50% online) Modality:**

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Regular use of asynchronous discussion boards will encourage various types of interaction and critical thinking skills among all course participants. Questions and topics posed will allow students to discuss, compare and contrast, identify, and analyze elements of the course content. Other discussion boards may be used for Q&A and general class discussion by students and instructor to facilitate student success and strengthen student learning outcomes.
E-mail	E-mail, class announcements and various learning management system tools such as "Message Students Who" and "Assignment Comments", will be used to regularly communicate with all students on matters such as clarification of class content, reminders of upcoming assignments and/or course responsibilities, to provide prompt feedback to students on coursework to facilitate student learning outcomes, or to increase the role of an individual educator in the academic lives of a student. Students will be given multiple ways to email instructor through both the learning management system inbox and district-provided email accounts.

Other DE (e.g., recorded lectures)	A variety of ADA compliant tools and media integrated within the learning management system to help students reach competency. Tools may include: recorded lectures, narrated slides, screencasts, online library resources, 3rd party (publisher-created) tools, websites and blogs, multimedia and streaming platforms like YouTube, Films on Demand, 3CMedia, Khan Academy, etc.
Synchronous Dialog (e.g., online chat)	A set time each week may be provided when the instructor is available for synchronous chat to answer questions.
Hybrid (51%–99% online) Modality:	
Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Regular use of asynchronous discussion boards will encourage various types of interaction and critical thinking skills among all course participants. Questions and topics posed will allow students to discuss, compare and contrast, identify, and analyze elements of the course content. Other discussion boards may be used for Q&A and general class discussion by students and instructor to facilitate student success and strengthen student learning outcomes.
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100% online Modality:	
Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Regular use of asynchronous discussion boards will encourage various types of interaction and critical thinking skills among all course participants. Questions and topics posed will allow students to discuss, compare and contrast, identify, and analyze elements of the course content. Other discussion boards may be used for Q&A and general class discussion by students and instructor to facilitate student success and strengthen student learning outcomes.
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Synchronous Dialog (e.g., online chat)	A set time each week may be provided when the instructor is available for synchronous chat to answer questions.
Face to Face (by student request; cannot be required)	The instructor may hold regularly scheduled office hours either in person or via-web conferencing, for students to be able to meet and discuss course materials or individual progress. Students can request additional in-person or web conferencing meetings with faculty member as needed. Faculty may encourage online students to form “study groups” in person or online.
Video Conferencing	Video tools such as ConferZoom may be used to provide live synchronous or asynchronous sessions with students. ADA compliance will be upheld with Closed Captioning during the session or of the recorded session. Student-to-student group meetings will also be encouraged.

Examinations

Hybrid (1%–50% online) Modality

Online

Hybrid (51%–99% online) Modality

Online

Primary Minimum Qualification

PHYSICAL EDUCATION

Additional Minimum Qualifications

Minimum Qualifications

Martial Arts/Self-Defense

Review and Approval Dates

Department Chair

09/07/2020

Dean

09/07/2020

Technical Review

10/14/2020

Curriculum Committee

10/14/2020

Curriculum Committee

12/09/2020

CCCCO

MM/DD/YYYY

Control Number

CCC000556644

DOE/accreditation approval date

MM/DD/YYYY

