

KIN R120B: KICKBOXING FOR FITNESS II

Originator

elawley

College

Oxnard College

Discipline (CB01A)

KIN - Kinesiology

Course Number (CB01B)

R120B

Course Title (CB02)

Kickboxing for Fitness II

Banner/Short Title

Kickboxing for Fitness II

Credit Type

Credit

Start Term

Fall 2021

Catalog Course Description

Kickboxing offers students a workout that focuses on building cardiorespiratory endurance and fitness through its more advanced curriculum. Body conditioning and weight loss are emphasized. Training equipment including focus mitts and kicking shields are used in class.

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

KIN R120A - Kickboxing for Fitness I

KIN R121A - Boxing for Fitness I

KIN R121B - 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

Prerequisites

KIN R120A

Entrance Skills**Entrance Skills**

Demonstrate proper mechanics of punches, execute kicks with proper form.

Prerequisite Course Objectives

KIN R120A-Demonstrate proper mechanics of the jab (punch)

KIN R120A-Demonstrate proper mechanics of the cross (punch)

KIN R120A-Demonstrate proper mechanics of the hook (punch)

KIN R120A-Execute a front kick and explain the basic mechanics of the kick

KIN R120A-Execute a side kick and explain the mechanics of the kick

KIN R120A-Execute a round house kick and explain the basic mechanics of the kick

Requisite Justification**Requisite Type**

Prerequisite

Requisite

KIN R120A

Requisite Description

Course in a sequence

Level of Scrutiny/Justification

Content review

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 50% increase in the number of punches executed per minute. Rubric: The satisfactory number of punches per minute is 80 |
| 2 | Demonstrate the ability to combine single elements into kickboxing combinations. Method of Assessment: SLO #2 is assessed via an in-class physical skills activity using focus mitts. Rubric: A satisfactory combination contains a minimum of 6 elements within one combination of kicks and punches |
| 3 | Demonstrate an ability to execute double kicks on the kicking shield. Method of Assessment: SLO # 3 is assessed via an in-class physical skills activity using a kicking shield. Rubric: A satisfactory number of kicks measured per 30 seconds is 25 |

Course Objectives

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

- | | |
|----|--|
| 1 | Explain the basic nutritional concepts involved in weight loss |
| 2 | Evaluate "target heart rate" during exercise |
| 3 | Explain the mechanics of the jab, cross, hook, uppercut and physically demonstrate them utilizing principles taught in class |
| 4 | Execute with proficiency the horizontal and downward diagonal elbow strike |
| 5 | Explain the mechanics of a front kick, side kick, round house kick, crescent kick, axe kick and physically demonstrate them utilizing principles taught in class |
| 6 | Learn shin kicks as compared to instep or foot kicks |
| 7 | Demonstrate kicking and punching combinations on the focus mitts |
| 8 | Demonstrate speed and accuracy while punching the focus mitts: A minimum of 30 jabs per 1 minute round |
| 9 | Demonstrate the three ranges of kickboxing |
| 10 | Execute kicks with speed and accuracy on the focus mitts: A minimum of 60 kicks per 1 minute round |
| 11 | Complete six (6) three (3) minute rounds of punching and kicking combinations |
| 12 | Perform 100 crunches without stopping |
| 13 | Perform a minimum of 30 push-ups with accurate body mechanics and muscle strength |
| 14 | Demonstrate proficiency on training equipment |
| 15 | Execute proper kick boxing footwork: Double step and slide, shuffle step, ascending and descending triangle, and the diamond |

Course Content**Lecture/Course Content**

1. Benefits of cardiorespiratory endurance exercise
 - a. Improved cardiorespiratory functioning
 - b. Improved cellular metabolism
 - c. Better control of body fat
 - d. Improved immune function
2. Weight loss and nutrition: components of a healthy diet
 - a. Essential nutrients: Proteins, fats, carbohydrates, vitamins, minerals and water
 - b. Macronutrients: Proteins, fats, and carbohydrates
 - c. Micronutrients: Vitamins and minerals
 - d. Recommended protein, carbohydrate and fat intake
 - e. High protein diets and low carbohydrate diets
 - f. Why "fashionable" diets do not often have long-term results
 - g. How to control food intake along with moderate exercise for achieving long-term weight loss
3. Basic kickboxing routine
 - a. How to appropriately warm the muscles with calisthenics prior to the aerobic workout
 - b. An aerobic kickboxing routine geared towards burning fat
 - c. A conditioning routine geared towards strengthening the muscles

- d. A cool down routine will be taught utilizing isometrics and stretching techniques
- e. Exercise will be taught to designed to develop flexibility
- 4. Learning basic kickboxing mechanics
 - a. Footwork drills will be used for warming up and increasing cardiorespiratory conditioning
 - b. Proper skeletal alignment will be taught when doubling up punches such as the jab
 - c. How to combine punches such as the double jab with the cross in order to set up the hook and the uppercut will be taught and practiced
 - d. Kicks will be taught such as the front kick, side kick, round house kick, hook kick, crescent kick and spinning crescent kick
 - e. Lead and rear horizontal elbow strikes as well as knee strikes will be covered
 - f. Diagonal downward elbow strikes will be taught
 - g. Kicking and punching combinations with a minimum of six (6) elements will be taught
- 5. Equipment utilized during class training sessions
 - a. Focus mitts will be utilized for the development of proper body mechanics, accuracy, speed and focus
 - b. Kicking shields will be used in order to develop muscle endurance, cardiovascular conditioning and power
 - c. Rope drills for the bob and weave exercises for lower body toning
 - d. Rubber bands will be used while punching and kicking
- 6. 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

Laboratory or Activity Content

- 1. Benefits of cardiorespiratory endurance exercise
 - a. Improved cardiorespiratory functioning
 - b. Improved cellular metabolism
 - c. Better control of body fat
 - d. Improved immune function
- 2. Weight loss and nutrition: components of a healthy diet
 - a. Essential nutrients: Proteins, fats, carbohydrates, vitamins, minerals and water
 - b. Macronutrients: Proteins, fats, and carbohydrates
 - c. Micronutrients: Vitamins and minerals
 - d. Recommended protein, carbohydrate and fat intake
 - e. High protein diets and low carbohydrate diets
 - f. Why "fashionable" diets do not often have long-term results
 - g. How to control food intake along with moderate exercise for achieving long-term weight loss
- 3. Basic kickboxing routine
 - a. How to appropriately warm the muscles with calisthenics prior to the aerobic workout
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 - d. A cool down routine will be taught utilizing isometrics and stretching techniques
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- 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

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

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
Laboratory activities
Performances
Projects
Role playing
Skills demonstrations
Skill tests
Simulations

Instructional Methodology

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

Audio-visual presentations
Computer-aided presentations
Class activities
Class discussions
Distance Education
Demonstrations
Group discussions
Guest speakers
Instructor-guided interpretation and analysis
Instructor-guided use of technology
Internet research
Laboratory activities
Lecture

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. Instructor-guide utilization of training equipment
- D. Students will practice physical drills with each other
- E. Students will pair up in order to assist one another with the conditioning exercises performed during class

Representative Course Assignments

Writing Assignments

A. None

Critical Thinking Assignments

A. None

Reading Assignments

A. None

Skills Demonstrations

Various Skill demonstrations

Other assignments (if applicable)

1. None

Outside Assignments

Representative Outside Assignments

None

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

Dumb bell weights.

Resource Type

Other Instructional Materials

Description

Kicking pads.

Resource Type

Other Instructional Materials

Description

Focus mitts.

Resource Type

Other Instructional Materials

Description

Kicking shield.

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:	
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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

09/11/2020

Dean

09/11/2020

Technical Review

10/14/2020

Curriculum Committee

10/14/2020

Curriculum Committee

12/09/2020

CCCCO

MM/DD/YYYY

Control Number

CCC000556640

DOE/accreditation approval date

MM/DD/YYYY