

**San José State University**  
**CASA/Kinesiology**  
**KIN 29, CARDIO KICKBOXING, SECTION 03, FALL 2018**

**Contact Information**

**Instructor:** BATT

**Office Location:** Event Center Aerobics Room

**Telephone:** N/A

**Email:** angel.batt@sjsu.edu

**Office Hours:** Tuesday/Thursday 5:20PM – 5:40PM or by appointment

**Class Days/Time:** Tuesday/Thursday 3:30 – 4:20 Event Center Aerobics Room

**Classroom:** Event Center Aerobics Room

**CANVAS Learning Management System**

Course materials such as syllabus, handouts, notes, assignment instructions, etc. can be found on [Canvas Learning Management System course login website](http://sjsu.instructure.com) (CANVAS) at <http://sjsu.instructure.com>. You are responsible for regularly checking with the CANVAS messaging system to learn of any updates.

**Course Description**

Cardio Kickboxing is a non-contact aerobic conditioning activity combining punches, kicks, traditional aerobic skills, and fitness activities. The course is designed to enhance cardiovascular endurance, muscular strength, and muscular endurance.

**Course Goals**

Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skills tests, and written exams:

- Knowledge of fundamental skills, technique and execution of exercises.
- Proficiency in execution of the skills covered.
- An understanding of the history, rules, strategies, current research, safety and etiquette associated with cardio kickboxing.
- An understanding of the mental and physical health benefits to be derived from cardio kickboxing and aerobic exercise.
- An appropriate level of proficiency in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.

**Course Learning Outcomes**

After successful completion of this course, students will be able to:

- Demonstrate increased knowledge in the history, rules, strategies, current research, safety, and etiquette related to the specific activities completed as measured by Beginning and End of the Semester Survey.
- Demonstrate improved cardiovascular health and increased fitness as measured by pre-and post-Fitness Assessment.

### **Textbook**

There is no assigned textbook for this course.

### **Assigned Readings**

SEE COURSE SCHEDULE for weekly reading assignments

### **Course Notes**

- Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period.
- Cell phones must be turned off and put away for the duration of the class.
- Interactions with classmates and the instructor are expected to be respectful.
- Recording class: Instruction may not be recorded.
- Intellectual Property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor's intellectual property and cannot be photographed, shared, or uploaded in any form publicly without the instructor's approval.
- If you have pre-existing medical or physical problems, you should consult your physician before participating in this class and alert the instructor to any required limitations.
- Report any accidents to the instructor immediately.
- Quizzes, Mid-Term and Final Exam cannot be made up.
- Students will be allowed three non-participation days (or absences) during the semester.
- Students are responsible for assigned readings from textbook and handout materials.
- A fitness assessment will be given at the beginning and end of the semester to determine present level of physical fitness and general understanding of fitness principles, and progress made during the semester.
- Drop requests will not be accepted after the SJSU drop deadline.
- Outings/assignments completed for another class cannot be counted for this course

### **Course Requirements and Assignments.**

- Fitness assessments and surveys are done at the beginning and end of the semester to determine present level of fitness and understanding of fitness principles and progress made during the semester.
- There will be weekly quizzes on the assigned reading and skills learned during class participation.
- There will be a Midterm Exam and a Final Exam.

### **Final Examination or Evaluation**

There will be a written final exam covering all readings and class discussion from the semester. The Final Exam is worth 20% of your grade.

### Grading Information

Weekly Quizzes (1 quiz = 2 points)	40	40%
Mid-Term	20	20%
Final	20	20%
Pre-Fitness Assessment	5	5%
Pre-Fitness Survey	5	5%
Post Fitness Assessment	5	5%
Post Fitness Survey	5	5%
PHOTO for Identification	2	Extra Credit

### Grading Scale used to determine final course grade

Percentage	Equivalent Grade
97% - 100%	A+
93% - 96%	A
90% - 92%	A-
87% - 89%	B+
83% - 86%	B

80% - 82%	B-
77% - 79%	C+
73% - 76%	C
70% - 72%	C-
67% - 69%	D+
63% - 66%	D
60% - 62%	D-
below 60%	F

### **Classroom Protocol**

- Students are expected to arrive on time and participate fully in all activities throughout the class period.
- Cell phones must be turned off and put away for the duration of the class.
- Interactions with classmates and the instructor are expected to be respectful.
- Recording class: Instruction may not be recorded.
- Intellectual Property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor's intellectual property and cannot be photographed, shared, or uploaded in any form publicly without the instructor's approval.
- If you have pre-existing medical or physical problems, you should consult your physician before participating in this class and alert the instructor to any required limitations.
- Report any accidents to the instructor immediately.
- Quizzes, Mid-Term and Final Exam cannot be made up.
- Students will be allowed three non-participation days (or absences) during the semester.
- Students are responsible for assigned readings which are listed in Course Calendar, below.
- Drop requests will not be accepted after the SJSU drop deadline.
- Outings/assignments completed for another class cannot be counted for this course

### **University Policies**

Per University Policy S16-9, university-wide policy information relevant to all courses, such as academic integrity, accommodations, etc. will be available on Office of Graduate and Undergraduate Programs' at <http://www.sjsu.edu/gup/syllabusinfo>

**KIN 29-03 / CARDIO KICKBOXING / FALL 2018 / COURSE SCHEDULE**  
(subject to change with fair notice by announcement in class and/or email)

<b>DATE</b>	<b>Topics</b>	<b>Readings</b>	<b>Assignments</b>	<b>DU E BY</b>
21-Aug	Introduction & Syllabus	N/A	BSS	21-Aug
23-Aug	Beginning of Semester Survey (BSS) and Pre-Fitness Assessment (both worth 5 points each)	N/A	BSS and PFA Data Input	23-Aug
28-Aug	Lecture (LCT) + Workout (W/O) How to Measure Exercise Intensity	<a href="https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise-intensity/art-20046887">https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise-intensity/art-20046887</a>	MHR, RHR and Target Zone data entry	28-Aug
30-Aug	History of Cardio Kickboxing			
	LCT + W/O Benefits of Cardio Kickboxing	<a href="https://www.webmd.com/fitness-exercise/a-z/kickboxing-benefits">https://www.webmd.com/fitness-exercise/a-z/kickboxing-benefits</a>	N/A	30-Aug
4-Sep	LCT + W/O More Benefits of Cardio Kickboxing	<a href="https://www.acefitness.org/about-ace/press-room/press-releases/235/ace-research-team-counts-calories-confirms-benefits-of-cardio-kickboxing">https://www.acefitness.org/about-ace/press-room/press-releases/235/ace-research-team-counts-calories-confirms-benefits-of-cardio-kickboxing</a>	N/A	4-Sep
6-Sep	LCT + W/O Benefits of Aerobics	<a href="https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/aerobic-exercise/art-20045541">https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/aerobic-exercise/art-20045541</a>	N/A	6-Sep
11-Sep	LCT+ W/O + Quiz # 1 10 Popular Fitness Terms Defined	<a href="https://www.acefitness.org/education-and-resources/lifestyle/blog/5325/10-popular-fitness-terms-defined">https://www.acefitness.org/education-and-resources/lifestyle/blog/5325/10-popular-fitness-terms-defined</a>	Quiz #1	11-Sep
13-Sep	LCT+ W/O + Quiz # 2 101 Health and Wellness Tips for College Students	<a href="https://healthservices.camden.rutgers.edu/topics_wellness">https://healthservices.camden.rutgers.edu/topics_wellness</a>	Quiz #2	13-Sep

18-Sep	LCT+ W/O + Quiz # 3	High Intensity Interval Training (HIIT)	<a href="https://www.acefitness.org/education-and-resources/lifestyle/blog/6752/high-intensity-interval-training">https://www.acefitness.org/education-and-resources/lifestyle/blog/6752/high-intensity-interval-training</a>	Quiz #3	18-Sep
20-Sep	FIELD ASSIGNMENT w/ Field Assignment Quiz #4				20-Sep
25-Sep	LCT+ W/O + Quiz #5	Excess Post Oxygen Consumption (EPOC)	<a href="https://www.acefitness.org/education-and-resources/professional/expert-articles/5008/7-things-to-know-about-excess-post-exercise-oxygen-consumption-epoc">https://www.acefitness.org/education-and-resources/professional/expert-articles/5008/7-things-to-know-about-excess-post-exercise-oxygen-consumption-epoc</a>	Quiz #5	25-Sep
27-Sep	LCT+ W/O + Quiz #6	Tabata	<a href="https://www.acefitness.org/education-and-resources/professional/expert-articles/3791/everything-you-need-to-know-about-tabata-training">https://www.acefitness.org/education-and-resources/professional/expert-articles/3791/everything-you-need-to-know-about-tabata-training</a>	Quiz #6	27-Sep
2-Oct	LCT+ W/O + Quiz #7	Circuit Training	<a href="https://www.acefitness.org/education-and-resources/lifestyle/blog/6750/circuit-training-basics">https://www.acefitness.org/education-and-resources/lifestyle/blog/6750/circuit-training-basics</a>	Quiz #7	2-Oct
4-Oct	LCT+ W/O + Quiz #8	Defining the CORE	<a href="https://www.acefitness.org/fitness-certifications/resource-center/exam-preparation-blog/3562/core-anatomy-muscles-of-the-core">https://www.acefitness.org/fitness-certifications/resource-center/exam-preparation-blog/3562/core-anatomy-muscles-of-the-core</a>	Quiz #8	4-Oct
9-Oct	W/O + Mid-Term Review +PHOTO DUE (for extra credit)	Build Strong Glutes (and pain-free low back)	<a href="https://www.acefitness.org/education-and-resources/professional/prosource/october-2014/5013/build-strong-glutes-and-a-pain-free-lower-back">https://www.acefitness.org/education-and-resources/professional/prosource/october-2014/5013/build-strong-glutes-and-a-pain-free-lower-back</a>	DUE: PHOTO Review for Mid-Term	9-Oct
11-Oct	MIDTERM (on CANVAS)				11-Oct
16-Oct	LCT+ W/O + Quiz #9		<a href="https://www.acefitness.org/education-and-resources/professional/expert-articles/5332/pre-and-post-workout-nutrition-for-high-intensity-interval-training">https://www.acefitness.org/education-and-resources/professional/expert-articles/5332/pre-and-post-workout-nutrition-for-high-intensity-interval-training</a>	Quiz #9	16-Oct
18-Oct	LCT+ W/O + Quiz #10		<a href="https://www.acefitness.org/education-and-resources/lifestyle/blog/5981/6-diet-and-nutrition-myths-debunked">https://www.acefitness.org/education-and-resources/lifestyle/blog/5981/6-diet-and-nutrition-myths-debunked</a>	Quiz #10	18-Oct

23-Oct	LCT+ W/O + Quiz #11	<a href="https://www.acefitness.org/education-and-resources/lifestyle/blog/6589/exercise-as-a-cure-for-fatigue-and-to-boost-energy-levels">https://www.acefitness.org/education-and-resources/lifestyle/blog/6589/exercise-as-a-cure-for-fatigue-and-to-boost-energy-levels</a>	Quiz #11	23-Oct
25-Oct	LCT+ W/O + Quiz #12	<a href="https://www.acefitness.org/education-and-resources/lifestyle/blog/3683/five-reasons-you-shouldn-t-skip-your-cool-down-after-exercise">https://www.acefitness.org/education-and-resources/lifestyle/blog/3683/five-reasons-you-shouldn-t-skip-your-cool-down-after-exercise</a>	Quiz #12	25-Oct
30-Oct	LCT+ W/O + Quiz #13	<a href="https://www.acefitness.org/education-and-resources/lifestyle/blog/5930/six-things-to-know-about-muscle-imbances">https://www.acefitness.org/education-and-resources/lifestyle/blog/5930/six-things-to-know-about-muscle-imbances</a>	Quiz #13	30-Oct
1-Nov	LCT+ W/O + Quiz #14	<a href="https://www.acefitness.org/education-and-resources/lifestyle/blog/1478/why-do-muscles-tighten-up">https://www.acefitness.org/education-and-resources/lifestyle/blog/1478/why-do-muscles-tighten-up</a>	Quiz #14	1-Nov
6-Nov	LCT+ W/O + Quiz #15	<a href="https://healthservices.camden.rutgers.edu/topics_drugs">https://healthservices.camden.rutgers.edu/topics_drugs</a>	Quiz #15	6-Nov
8-Nov	Field Assignment Quiz #16			8-Nov
13-Nov	LCT+ W/O + Quiz #17	<a href="https://www.acefitness.org/education-and-resources/lifestyle/blog/5981/6-diet-and-nutrition-myths-debunked">https://www.acefitness.org/education-and-resources/lifestyle/blog/5981/6-diet-and-nutrition-myths-debunked</a>	Quiz #17	13-Nov
15-Nov	LCT+ W/O + Quiz #18	<a href="https://www.acefitness.org/education-and-resources/professional/certified/august-2018/7058/study-mindful-movement-lowers-stress-and-offers-huge-boost-to-%20well-being">https://www.acefitness.org/education-and-resources/professional/certified/august-2018/7058/study-mindful-movement-lowers-stress-and-offers-huge-boost-to-%20well-being</a>	Quiz #18	15-Nov
20-Nov	LCT+ W/O + Quiz #19	<a href="https://www.acefitness.org/education-and-resources/professional/expert-articles/3791/everything-you-need-to-know-about-tabata-training">https://www.acefitness.org/education-and-resources/professional/expert-articles/3791/everything-you-need-to-know-about-tabata-training</a>	Quiz #19	20-Nov
22-Nov	LCT+ W/O + Quiz #20	<a href="https://healthservices.camden.rutgers.edu/topics_wellnes_s">https://healthservices.camden.rutgers.edu/topics_wellnes_s</a>	Quiz #20	22-Nov

27-Nov	W/O, NO QUIZ	N/A	27-Nov
29-Nov	Holiday- Campus Closed	N/A	29-Nov
4-Dec	Workout / Review for Final	Review for Final	4-Dec
6-Dec	Post-Fitness Assessment + End of Semester Survey (last day of instruction) - data input for PFA and ESS (worth 5 points each)		6-Dec
<b>12-Dec</b>	<b>FINAL EXAM: Wednesday, December 12th, 2:45pm - 5:00pm</b>		<b>12-Dec</b>