

## **KIN 29 – Cardio Kickboxing**

### **I. COURSE DESCRIPTION**

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

### **II. COURSE OBJECTIVES**

Upon successful completion of course requirements, students will:

- A. Develop and demonstrate safe and proper non contact technique in performing basic punches, kicks, aerobic skills, and combinations.
- B. Identify guidelines for the development of an appropriate level of fitness.
- C. Understand the physiological and psychological benefits of regular cardio kickboxing conditioning or various exercise activities as it relates to lifetime activities and health.
- D. Demonstrate knowledge of appropriate guidelines and techniques used for older adults and the physically challenged when they participate in cardio kickboxing.

### **III. COURSE CONTENT**

- A. Motor (physical) Component
  - i. Proper and safe warm up technique
  - ii. Proper and safe punches:
    1. jab
    2. cross
    3. hook
    4. uppercut
  - iii. Proper and safe punch variations
  - iv. Proper and safe kicks
    1. front kick
    2. side kick
    3. back kick
    4. roundhouse kick
  - v. Various traditional aerobic skills
  - vi. Punch combinations
  - vii. Kick combinations
  - viii. Punch and kick combinations

- B. Cognitive Component
  - i. Safety Guidelines
  - ii. Basic terminology
  - iii. Components of fitness
  - iv. Benefits of cardio kickboxing
  - v. Relationship of muscle groups to punches and kicks as they relate to fitness.
  - vi. Guidelines for aerobic fitness

IV. COURSE REQUIREMENTS and INFORMATION

- A. Active class participation is essential to fulfill the course objectives.
- B. Recognizable and acceptable effort in class participation is necessary.
- C. Assigned readings from handouts, lecture material, etc.
- D. Skills assessments
- E. Pocket folder to hold all class materials.
- F. Complete all course requirements.
- G. Students are permitted two unexcused class participations only.
- H. There will be no make up for midterm or final exams.
- I. There will be a performance assessment of that activity the class before the post-test.

V. EVALUATION

- A. Daily active class participation ----- 50%
- B. Skills performance (subjective) ----- 10%
- C. Mid – Term ----- 20%
- D. Final Exam ----- 20%

VI. REQUIRED TEXT

Handouts, lecture materials, etc.

**Extra participating activity: “AEROBICHTON”**

Friday, December 4, 2009 4:00-6:00pm

Come join the workout and bring a friend. FUN. FUN!!!!!!  
 Participation at the Aerobicthon can be used as a make up.  
 Entrance fee at door.

**University recommended statement on Academic Integrity**

**ACADEMIC INTEGRITY (from Office of Judicial Affairs).** “Your own commitment to learning, as evidenced by your enrollment at San Jose State University, and the University’s Academic Integrity Policy requires you to be honest in all your academic course work. Faculty are required to report all infractions to the office of Judicial Affairs. The policy on academic integrity can be found at <http://www2.sjsu.edu/senate/SO4-12.htm>

**University recommended statement on Persons with Disabilities**

**AMERICANS WITH DISABILITIES ACT COMPLIANCE.** “If you need course adaptations or accommodations because of a disability, or if you need special arrangements in case the building must be evacuated, please make an appointment with The Disability Resource Center (924-6000, located in Adm 110) as soon as possible. Presidential Directive 97-03 requires that students with disabilities register with DRC to establish a record of their disability.”