

San José State University
Kinesiology
Spring 2015, KIN 29, Cardio Kickboxing

Contact Information

Instructor:	Darren Farias
Office Location:	TBA
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Office Hours:	After Class or by appt.
Class Meetings & location	Section 5 T/TH 13:30- 14:20

Course Description

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

Course materials may be found on the e-campus [Canvas learning management system](http://www.sjsu.edu/at/ec/canvas/) at <http://www.sjsu.edu/at/ec/canvas/>. You are responsible for regularly checking the Canvas discussion board and email for information and messages. Log in using your mysjsu username and password. Additional class notes will be posted on canvas

Course Goals and Student Learning Objectives

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

- Knowledge of fundamental skills, technique, *related to Cardio Kickboxing*
- Proficiency in execution of the skills covered.
- An understanding of the history, 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*.
- 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.

Activity Program Learning Outcomes

After completion of the physical activity graduation requirement, students shall be able to:

- Demonstrate proficiency in the execution of the motor skills appropriate to the specific activities completed.
- Identify and/or explain the applicable history, strategies, current research, safety, and etiquette related to the specific activities completed.
- Identify and/or explain the benefits of physical activity as related to physical and mental health.

Text/Readings

- Kravitz, Len Anybody's Guide to Total Fitness, Kendall Hunt Publishing Co. 10th Ed. (req)
- Supplemental notes on canvas and/ or in class

Course Notes

- Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. Turn cell phones off and put them away for the duration of the class. Interactions with classmates and the instructor are expected to be respectful at all times!
- Recording class: Instruction may not be recorded. If classmates ask you to record their performance for later review make sure it is done before or after class rather than during class. Do not post or otherwise share the recording.
- 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 shared or uploaded in any form publicly without the instructor's approval.

Course Contents

- A. Proper and safe warm-up, workout, and cool-down techniques
- B. Introduction to correct training techniques and modifications
- C. Proper and safe flexibility techniques
- D. Assigned readings from text, canvas notes, and in class notes.
- E. Pre & post fitness assessments to be given at the beginning and end of the semester to determine present level of fitness and progress made during the semester
- F. Final Exam
- G. Weekly unannounced quizzes
- H. Recognizable and acceptable effort.
- I. Pre and Post Fitness goals

Class Room Protocol:

- A. Please alert the instructor of any medical problems, medications or accidents that might affect your involvement in class.

B. NO MAKE UPS FOR exams!!!!!! Only under extreme extenuating circumstances may make-ups be allowed! You MUST hand you quiz individually, and cannot turn in your classmates for them. If I find that you are completing a quiz for someone who is not in class, then you and that person will both receive zero for your quiz that day.

C. Be on time to class.

D. Appropriate footwear and clothing is required for class activity. Bare feet, socks, sandals, and “heels” are not allowed during activity. Failure to comply will result in being asked to leave the class.

E. Cell phone use/texting is NOT PERMITTED during class time!!!

F. Do not wear headphones in class. This is a classroom.

G. Only water is permitted, and recommended, in plastic/aluminum or stainless steel containers. So, no food can be eaten in the aerobics room.

H. It is recommended that you bring a towel to class.

I. E-mailing the instructor is the preferred, and best, method of communication. Please feel free to contact me any time. I will try to respond as quickly as possible.

J. Drop requests will not be accepted after the SJSU drop deadline. If you decide to drop the class, you must make sure to do before the necessary dates, as I will not automatically drop you.

K. TOWER CARDS ARE MANDATORY TO GET INTO THE SPORT CLUB! If you do not have yours, YOU WILL NOT BE ABLE TO GET INTO CLASS! Please remember your Tower Card every day. DO NOT ask the front desk for exceptions. Do NOT ask me to “get you in” because I am not allowed to do that.

L. You are expected and required to return all used equipment to its correct location, and do so as neatly as possible. You are adults, and I expect you to clean-up after yourselves.

Course Requirements and Grading Policy

Grading Plan

A. *Weekly unannounced in class quizzes: 12 days * 5pts= 60pts. (You are able to miss one with no penalty)*

B. *Pre and Post fitness activities (5points each test) = 10pts. Your amount of improvement will not be graded, but the idea is you should see improvement.*

C. *Final Exam: 20 pts.*

D. *Fitness Goal setting: Pre= 5 pts., and Post = 5 pts. = Total = 10pt.*

60% unannounced in class quizzes (may be given near the end of the class, or the start of the class, during anyone of our class meetings (there will not be unannounced quizzes on the days which the midterm and final are on.

20% Final Exam

10% Pre and post fitness goals

10% Pre and post fitness tests

**** Final Exams: I DO NOT CURVE EXAMS, nor do I curve final grades for the class, so please don't ask me too. We will use an 882-E scantron and you will provide the paper for the quizzes. You must use a pencil for the scantron. PLEASE DO NOT WRITE ON THE EXAMS! Exams will be multiple choice, T/F, and mix and match. The Final, . You may NOT use the textbook while taking the final, nor quizzes. Exams are individual effort.**

Grading Scale used to determine letter grade for each component above.

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

Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of forty-five hours over the length of the course. This would include preparing for class, participating in course activities, and completing assignments/projects. Generally this will amount to 1 hour a week outside of class.

University Policies

Dropping and Adding

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester's Catalog in the [policies section](http://info.sjsu.edu/static/catalog/policies.html) at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the current [academic year calendars](http://www.sjsu.edu/provost/services/academic_calendars/) document at http://www.sjsu.edu/provost/services/academic_calendars/.

The [late drop policy](http://www.sjsu.edu/aars/policies/latedrops/policy/) is available at <http://www.sjsu.edu/aars/policies/latedrops/policy/>. Students should be aware of the current deadlines and penalties for dropping classes.

Information about the latest changes and news is available at the [Advising Hub](http://www.sjsu.edu/advising/) at <http://www.sjsu.edu/advising/>.

Academic integrity

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The University's [Academic Integrity policy](http://www.sjsu.edu/senate/S07-2.htm) at <http://www.sjsu.edu/senate/S07-2.htm>, requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The [Student Conduct and Ethical Development](http://www.sjsu.edu/studentconduct/) website at <http://www.sjsu.edu/studentconduct/>.

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person's ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU's [Academic Integrity policy](http://www.sjsu.edu/senate/S07-2.htm) at <http://www.sjsu.edu/senate/S07-2.htm> requires approval of instructors.

Note: Outings/assignments completed for another class cannot be counted for this course.

Campus Policy in Compliance with the American Disabilities Act

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. [Presidential Directive 97-03](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) at http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf requires that students with disabilities requesting accommodations must register with the [Accessible Education Center](http://www.sjsu.edu/aec/) (AEC) at <http://www.sjsu.edu/aec/> to establish a record of their disability.

Accommodation to Students' Religious Holidays

San José State University shall provide accommodation on any graded class work or activities for students wishing to observe religious holidays when such observances require students to be absent from class. It is the responsibility of the student to inform the instructor, in writing, about such holidays before the add deadline at the start of each semester. If such holidays occur before the add deadline, the student must notify the instructor, in writing, at least three days before the date that he/she will be absent. It is the responsibility of the instructor to make every reasonable effort to honor the student request without penalty, and of the student to make up the work missed. See University Policy S14-7 at <http://www.sjsu.edu/senate/docs/S14-7.pdf>.

Course Calendar (subject to change with fair notice by announcement in class and/or email)(*if in italics , those are the notes or readings you review*)

Week	Course Content (Assignments, Exams/Quizzes, ...)
1	Jan 26 nd First workout Jan 28 th <i>stretching- pg109-112</i>
2	Feb 2 nd <i>Kick boxing and Core pg 76, 83-88</i> Feb 4 th
3	Feb 9 th <i>stretching- pg109-112</i> Feb 11 th Pre-fitness Test in class ----- Pre fitness goals due online by 11:59 on canvas tonight
4	Feb 16 th <i>Dangers of inactivity</i> Feb 18 th
5	Feb 23 th <i>Strength training pg 25, 27, 28, exercise training mistakes 37, 38</i> Feb 25 th
6	March 2 nd <i>S.P.O.R.T Principle and tips for exercise success pg 4, 21</i> March 4 th
7	March 9 th March 11 th <i>Benefits of physical activity 1</i>
8	March 16 th March 18 th <i>Benefits of physical activity 2</i>
9	March 23 rd Spring Break March 25 th Spring Break
10	March 30 st April 1 st
11	April 6 th <i>exercise mistakes / injuries pg 37-39</i> April 8 th
12	April 13 th <i>energy balance equation pg 128</i> April 15 th
13	April 20 th April 22 nd <i>review notes</i>
14	April. 27 th April 29 th <i>review notes</i>

Week	Course Content (Assignments, Exams/Quizzes, ...)
15	May 1 st Post Fitness test in class <i>---Post goal assessment due on canvas by 11:59pm tonight</i> May 3 rd
16	May 12 th Final (during normal class time and in aerobics room)