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. Web Resource
Course materials may be found on the e-campus Canvas learning management system: http://www.sjsu.edu/at/ec/canvas/. You are responsible for regularly checking the Canvas discussion board and email for information and messages. Login using your mysjsu username and password.

II. 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

III. **Activity Program Learning Outcome (APLO)**
Upon successful completion of the course students will:
1. Be able to demonstrate the acquisition and application of motor skills appropriate to the specific activity.
2. Be able to demonstrate an understanding of the applicable history, rules, strategies, current research, safety and etiquette appropriate to the specific activity.
3. Be able to demonstrate an understanding of the physiological and psychological benefits of a specific activity.
4. Demonstrate a positive change in personal fitness which includes: cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition

II. **Course Learning Objectives- (SLO)**
Upon successful completion of the 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 health benefits of regular Cardio kickboxing conditioning or other aerobic conditioning and how that relates to lifetime health benefits.

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, and lecture material, etc.
D. Skills assessments.
E. Pocket folder to hold all class materials.
F. Students are permitted two absences and one make up.
G. There will be no make up for missed midterm or final exams.
H. There will be a performance assessment of activity the class before the post-test.
I. Photo of self for ID on check in card.
J. Students are required to show their valid student ID card when entering and reporting to a class scheduled in the Event Center.
K. One T&E 0200 answer sheet & #2 pencil for final exam.
V. Evaluation (percent and points)
A. Daily active class participation.................... 50%
B. Skills performance (subjective).....................20%
C. Midterm (TBA)........................................ 10%
D. Final exam (Last Day of Instruction).............15%

Grading Scale used to determine letter grade for each component above:
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 – 69%  D-
< 60%        F

VI. Required Text
Handouts, lecture materials, etc.

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 is 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

American with Disabilities Act Compliance, “If you need course adaptation accommodations because of a disability, or if you need special arrangements in case the buildings 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.