

**San José State University
Department of Kinesiology
KIN 29-03, Cardio Kickboxing Spring 2013**

Instructor: Linda Lund

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Office Location: YUH 206

Office Hours: By appointment

Class Days/Time: Monday and Wednesday, 2:30-3:20pm

Classroom: Event Center Aerobic Studio

Course Description

Cardio Kickboxing is a non-contact aerobic conditioning activity combining punches, kicks, and other kickboxing moves. This activity is designed to enhance cardiovascular endurance, muscular strength and endurance. This is not designed to give the student self defense or martial arts skills.

Course Objectives

1. Demonstrate the development and the application of motor skills appropriate to Kickboxing.
2. Demonstrate an understanding of the applicable history, rules, strategies, current research, safety, and etiquette appropriate to Kickboxing.
3. Demonstrate an understanding of the benefits of Kickboxing as it relates to physical and mental health.
4. Develop a positive change in personal fitness as it relates to components such as cardiovascular endurance, muscle strength and endurance, flexibility and body composition.

Course Content

This course will cover many physical techniques that form the basis Kickboxing. Some traditional aerobic components will be included but most of the choreography will be kickboxing. The course will begin with basic fundamental punches, kicks and strikes that will become the foundation of lessons to follow.

1. Physical Component
 - a. Safe and effective warm up
 - b. Safe and effective cool down
 - c. Safe and proper execution of the following: jab, hook, uppercut, elbow strikes, knee strikes, front kick, side kick, and back kicks
2. Cognitive Component
 - a. Safety Guidelines for Kickboxing
 - b. Terminology
 - c. Relationship of muscle groups to punches and kicks as they relate to fitness
 - d. Benefits of cardio kickboxing
 - e. Guidelines for aerobic fitness

Course Requirements

All students enrolled in Kinesiology Department classes are required to show their valid SJSU Tower card to enter the recreation facilities. If you do not bring your Tower card,

you will be denied access to the recreation facilities for your class, which will result in an unexcused non-participation.

Any medical problems, medications or accidents that may affect your involvement should be shared with the instructor.

This is an activity class so a majority of your grade is determined by ACTIVE PARTICIPATION. This means you need to show up and participate in class. You may miss two classes before your grade is affected. You are encouraged to make up two missed classes. Please see instructor before doing the make up classes.

Appropriate footwear and clothing is required. Bare feet, socks, sandals and heels are not allowed during activity and failure to comply will result in an un-excused non-participation.

NO make-up exams!!

Cell phones, ipods and other electronic equipment are NOT permitted during class time and must be in the silent mode. Backpacks and other belongings should be stored away from the workout area.

ONLY water in plastic containers is allowed in the studio.

Course Evaluation

- A. Daily active class participation (timely, appropriately dressed, active effort) ----- 50%
- B. Pre- and Post-Assessment/SMART goals (250-word essay) ----- 10% (5% each)
- C. Skills performance (subjective) ----- 5%
- D. Mid-term Exam ----- 15%
- E. Final Exam ----- 20%

Grading:

<i>Your Total Points</i>	<i>Final Grade</i>	<i>Your Total Points</i>	<i>Final Grade</i>
98-100.00	A+	78-79.99	C+
93-97.99	A	73-77.99	C
90-92.99	A-	70-72.99	C-
88-89.99	B+	68-69.99	D+
83.87.99	B	65-67.99	D
80-82.99	B-	63-64.99	D-
		<63	F

Important Dates

- February 4 Pre-Assessment/SMART goals due
- March 20 Mid-term Exam
- March 25 & 27 Spring Break (no class)

April 1	Cesar Chavez Day (no class)
May 8	Post-Assessment due
TBA	Final Exam

Required Texts/Readings

Textbook

There will be no textbook for this course. Assigned readings will be available online at D2L and/or in hardcopy.

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 Policies section at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the current academic calendar web page located at http://www.sjsu.edu/academic_programs/calendars/academic_calendar/. The Late Drop 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 at <http://www.sjsu.edu/advising/>.

University Policies

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, located 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 website is available at http://www.sa.sjsu.edu/judicial_affairs/index.html.

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 Policy S07-2 requires approval of instructors.

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 requires that students with disabilities requesting accommodations must register with the Disability Resource Center (DRC) at <http://www.drc.sjsu.edu/> to establish a record of their disability.