

**San José State University**  
**Kinesiology**  
**Fall 2018, KIN 029, Section 1 Cardio Kickboxing**

## **Contact Information**

**Instructor:** Farzaneh Ghasvand, PhD

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**Office Hours:** T/TR 10:30 am -  
11:15am

**Class Meetings & location:**  
MW, 8:30 am- 9:20 am, SPX 107A

**Link to new syllabi policy:** <http://www.sjsu.edu/senate/docs/S16-9.pdf>

## **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.

## **Web Resource**

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. Login using your mysjsu username and password.

## **Course Goals and Student Learning Objectives**

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

- Knowledge of fundamental skills, techniques, and form related to Cardio Kickboxing.
- Proficiency in execution of the basic punches and kicks 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

- 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 (PLO)

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

- Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.
- Identify and/or explain the applicable history, rules, 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. 11th Edition (2016).

## Course Notes

- Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. Turn cell phone off and put away for the duration of the class. Interactions with classmates and the instructor are expected to be respectful at all times.
- Appropriate workout attire is required (for example, workout shoes) for this class.
- 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.
- 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.
- Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of 45 hours over the length of the course (normally three hours per unit per week) for instruction, preparation/studying, or course related activities.
- Course grades will be posted on Canvas by the end of finals week.
- Drop requests will not be accepted after the SJSU drop deadline.
- Outings/assignments completed for another class cannot be counted for this course.
- The students are responsible for assigned readings from text and handout materials.
- Written Exam cannot be made up.

## Course Requirements, Assignments, and Grading

### Tests:

- Skill Test: Assessment of the correct form and technique of all the punches and kicks related to cardio kickboxing demonstrated and practiced during class.
- Fitness Assessment: Test of cardiorespiratory endurance, muscular endurance, flexibility.
- Written Exams:
  - Midterm exam from information on form and technique of cardio kickboxing
  - Final exam from assigned textbook (specified pages)
  - Active participation assessed by heart rate measurement during at two different points during exercise or number of push up/sit-ups per minute.

### Active Participation:

- Assessed by measurement of heart rate, also could be measured by number of push-ups per minute or number of curl-ups per minutes.

### Grading

- The grading method is point totals: 100 points
- Extra credit is **NOT** available.
- No Make-ups for the missing assignments and activities.

### Grading Plan -

- 20 points Skills Test
- 20 points Pre and Post Fitness Assessment
- 40 points Active Participation (based on heart rate at two different times)
- 20 points Two written Exams

### 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

Percentage	Equivalent Grade
70% - 72%	C-
67% - 69%	D+
63% - 66%	D
60% - 62%	D-
below 60%	F

### University Policies

Information pertaining to university programs and policies designed to facilitate student success can be found here:

<http://www.sjsu.edu/gup/syllabusinfo/>

### Course Calendar (subject to change with fair notice by announcement in class and/or email)

#### Important Dates

Dates	Course Content (Assignments, Exams)
W 8/22	Introduction to the course, going over the syllabus.
M 9/3	Labor Day, No Class
M 9/10	Pre-Fitness Assessment: Step Test, Push-Ups, Curl-Ups Tests, Wall-Sit, Sit and Reach
M 10/15	Midterm Exam online
M 12/3	Post-Fitness Assessment, Catch Up, and Practice for Skill Test
W 12/5	Skill Test, and practice
M 12/10	Last day of classes: Skill Test
12/12	Final Exam Online



