

San José State University
Kinesiology
Fall 2015, KIN 29, Cardio kickboxing

Contact Information

Instructor:
Farzaneh Ghiasvand, Ph.D.

Office Location: YUH 244

Telephone: 408-924-3022

Email: farzaneh.ghiasvand@sjsu.edu

Office Hours: TR 9:30 – 10:15 a.m or by
appointment

Class Meetings & location: TR 8:30 – 9:20 a.m

Class Location: SPX 107A

Course Description

Cardio Kickboxing is a non-contact aerobic conditioning activity combining punches and kicks from Marshall Arts with the traditional aerobic skills such as grapevine, jumping jacks, jump squats. This activity is designed to enhance cardiorespiratory 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, skill tests, and written exams:

- Knowledge of fundamental skills, technique, used in cardio kickboxing.
- Proficiency in execution of the 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

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.**

Required Text

Kravitz, Len. Anybody's Guide to Total Fitness. Kendall Hunt Publishing Co. Twelve Edition (2014).

- **Refer to the Textbook Order of Reading page on the last page of the syllabus.**

Course Notes

- **Students are required to show their valid student ID card entering the Event Center. No Exceptions!!**
- **Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. Therefore recognizable and acceptable effort in class participation is a requirement.**
- **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.**
- **Pre and post assessments are done at the beginning and end of the semester, to determine present level of fitness and progress made during the semester.**
- **The students are responsible for assigned readings from text and handout materials.**
- **Two Written exams: written Exams cannot be made up.**
- **Two 882E answer sheets and #2 pencil are required for the exams.**
- **Students are permitted two unexcused class participations (emergency, illness, etc.) per semester.**
- **Students may make up one class.**
- **Drop requests will not be accepted after the SJSU drop deadline.**
- **Course grades will be posted on Canvas by the end of finals week.**
- **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 Requirements and Grading Policy

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

Grading Plan

Tests:

- **10% Quiz on benefits of exercise**
- **10% Midterm Exam**
- **10% Final Exam**
- **10% Skill Test**
- **50% Effort and Participation: Based on Instructor's Observation**
 - **Correct form of punches and kicks**
 - **Effort based on heart rate**

Assignments/Projects:

- **8% Pre and Post Fitness Assessments**
- **2% Photo for ID**

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)

Week	Course Content (important dates)
1	<p>TH: 8/20 Introduction and Syllabus</p> <p>TUE: 8/25 Pre-Fitness Assessment</p>
2	<p>TH: 8/27 Cardio kickboxing (working on Jab and Cross) and Core Conditioning.</p> <p>TUE: 9/1 Cardio Kickboxing (Jab and Cross) and core strengthening exercises.</p>
3	<p>TH: 9/3 Cardio Kickboxing, (Jab, Cross, Front Kick) Core Conditioning</p> <p>TUE: 9/8 Cardio Kickboxing (Jab, Cross, Front Kick) and HIIT (high intensity interval training), and core conditioning.</p>
4	<p>TH: 9/10 10 min. lecture (Starting out sect. I), Cardio Kickboxing (Jab, Cross, Hook, Front Kick), HIIT</p> <p>TUE: 9/15 Cardio Kickboxing, and strengthening exercises</p>
5	<p>TH: 9/17 Cardio Kickboxing, Full body resistance training</p> <p>TUE: 9/22 Cardio Kick, and Full body resistance training</p>
6	<p>TH: 9/24 Cardio Kick, HIIT, and strength training</p> <p>TUE: 9/29 Quiz on Benefits of Exercise, Cardio Kick, Core Strengthening</p>
7	<p>TH: 10/1 10 min. lecture (starting out Sec. I), Cardio Kick, and Core strengthening, Lunges and Squats.</p> <p>TUE: 10/6 Cardio Kickboxing, HIIT, Core Strengthening, Push ups</p>
8	<p>TH: 10/8 No Class: Instructor presenting at a Conference (WSKW)</p> <p>TUE: 10/13 10 min. lecture (Special Focus, Sect.II), and Cardio Kickboxing</p>
9	<p>TH: 10/15 Regular Schedule</p>

Week	Course Content (important dates)
	TUE: 10/20 Regular Schedule
10	TH: 10/22, 8 min. lecture (Training Tips and Injury Sect. III), Cardio Kick TUE: 10/27 Midterm Exam
11	TH: 10/29 Cardio Kick, and HIIT TUE: 11/3 Cardio Kick, lunges and squats, and core conditioning
12	TH: 11/5 Regular Schedule TUE: 11/10 Regular Schedule
13	TH: 11/12 10 min. lecture (Contemporary Health Issues), and Cardio Kick TUE: 11/17 Cardio Kick, HIIT, Full body strengthening, core conditioning
14	TH: 11/19 Cardio Kick, full body strengthening, Push ups, Crunches TUE: 11/24 SKILL TEST
15	TH: 12/26 Thanksgiving- NO CLASS TUE: 12/1 SKILL TEST
16	TH: 12/3 POST-FITNESS ASSESSMENT TUE: 12/ 8 Final Exam (last Day of Classes)

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Textbook Order of Reading

I. Starting Out

A.	Exercise: What It will Do For You.....p.	3
B.	Sticking To It.....p.	4
C.	The Key Components of Fitness..... .pp.	5-6
D.	Metabolic Syndrome.....p.	8
	*Profile Guide: pp. 1, 4, 15, 16	
E.	The S.P.O.R.T. Principle.....p.	21
F.	The Formula For Aerobic Fitness.....p.	22
G.	Personalized Target Zone.....pp.	23-24
H.	Nutrient Timing: A Cutting Edge Training Tip.....p.	47
	Profile Guide: p.10	

II. Special Focus:

Weight Management.....pp.	128-135
The Physiology of Working Out pp.	61-62

***Profile Guide: pp. 24, 25 and 33**

III. Training Tips and Injury

A.	In Case of Injury p.	39
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B.	Common Aerobic Injuries	pp.	40-41
C.	Guide To A Better Back	pp.	42-45

IV. Contemporary Health Issues

A.	The Balance Eating Plan	pp.	120-127
B.	Stress Maintenance	pp.	140-141
C.	Technostress	pp.	141
D.	Avoiding Burnout	pp.	142-143
E.	Exercise Improves Brain Function	p.	147
F.	Sleep	p.	148

V. Fitness Facts and Fiction

A.	Questions and Answers	pp.	151-167
B.	Famous Exercise Myths	pp.	168-171
C.	Fitness Trivia Quiz	pp.	172-173
D.	Health Trivia Quiz	pp.	174-175

