

KIN M43: CARDIO KICKBOXING

Originator

ablack

College

Moorpark College

Discipline (CB01A)

KIN - Kinesiology

Course Number (CB01B)

M43

Course Title (CB02)

Cardio Kickboxing

Banner/Short Title

Cardio Kickboxing

Credit Type

Credit

Start Term

Spring 2021

Formerly

PE M15

Catalog Course Description

Introduces cardiovascular conditioning combining elements of martial arts, boxing, and aerobics to provide overall physical conditioning and toning. Improves cardiovascular and muscular endurance, coordination, and strength. Uses equipment such as punching bags, jump ropes, and weights, and does not involve physical contact between competitors. Allows activities to be adapted to varied levels of ability and fitness.

Additional Catalog Notes

Credit Limitation: UC - Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses.

Taxonomy of Programs (TOP) Code (CB03)

0835.00 - Physical Education

Course Credit Status (CB04)

D (Credit - Degree Applicable)

Course Transfer Status (CB05) (select one only)

A (Transferable to both UC and CSU)

Course Basic Skills Status (CB08)

N - The Course is Not a Basic Skills Course

SAM Priority Code (CB09)

E - Non-Occupational

Course Cooperative Work Experience Education Status (CB10)

N - Is Not Part of a Cooperative Work Experience Education Program

Course Classification Status (CB11)

Y - Credit Course

Educational Assistance Class Instruction (Approved Special Class) (CB13)

N - The Course is Not an Approved Special Class

Course Prior to Transfer Level (CB21)

Y - Not Applicable

Course Noncredit Category (CB22)

Y - Credit Course

Funding Agency Category (CB23)

Y - Not Applicable (Funding Not Used)

Course Program Status (CB24)

1 - Program Applicable

General Education Status (CB25)

Y - Not Applicable

Support Course Status (CB26)

N - Course is not a support course

Field trips

Will not be required

Grading method

(L) Letter Graded

Alternate grading methods

(O) Student Option- Letter/Pass

(P) Pass/No Pass Grading

Does this course require an instructional materials fee?

No

Repeatable for Credit

No

Is this course part of a family?

No

Units and Hours

Carnegie Unit Override

No

In-Class

Lecture

Activity

Laboratory

Minimum Contact/In-Class Laboratory Hours

52.5

Maximum Contact/In-Class Laboratory Hours

52.5

Total in-Class

Total in-Class

Total Minimum Contact/In-Class Hours

52.5

Total Maximum Contact/In-Class Hours

52.5

Outside-of-Class

Internship/Cooperative Work Experience

Paid

Unpaid

Total Outside-of-Class

Total Outside-of-Class

Total Student Learning

Total Student Learning

Total Minimum Student Learning Hours

52.5

Total Maximum Student Learning Hours

52.5

Minimum Units (CB07)

1

Maximum Units (CB06)

1

Student Learning Outcomes (CSLOs)

Upon satisfactory completion of the course, students will be able to:

- | | |
|---|---|
| 1 | demonstrate improvement in the 3 minute step test which assesses cardiorespiratory and aerobic endurance. |
| 2 | demonstrate appropriate use of cardio equipment such as jump ropes and step platform. |
| 3 | demonstrate proficiency in martial arts movements to improve fitness. |

Course Objectives

Upon satisfactory completion of the course, students will be able to:

- | | |
|---|--|
| 1 | identify the primary fitness components applied in cardio kickboxing and discuss anatomical kinesiology, bioenergetics, strength, flexibility, body composition, muscular and cardiovascular endurance. |
| 2 | identify and apply methods for monitoring exercise intensity. |
| 3 | perform primary kicks, blocks, punches, and other cardio kickboxing movement skills with proper timing and technique. |
| 4 | demonstrate movement modifications in order to elicit safe and effective cardiovascular and muscular conditioning specific to individual skill level and abilities. Identify the basic principles of specificity, overload, progression, and motor learning. |
| 5 | identify changes in physical conditioning, movement skills, and healthy lifestyle behaviors; discuss the basics of healthful eating, physical activity, and mindfulness for lifelong fitness and enhanced well-being. |

Course Content

Lecture/Course Content

N/A

Laboratory or Activity Content

1. (10%) Training equipment and machines
2. (10%) Core kinesiology concepts and principles: basic anatomy, bioenergetics, specificity, overload, progression, motor learning and modification for individual needs.
3. (10%) Execute cardio training exercises.

4. (10%) Execute an exercise routine that targets cardiovascular fitness, muscular strength and endurance, body composition, and flexibility.
5. (10%) Execute proper technique and safety practices when using all equipment
6. (10%) Development of a healthy body composition
7. (10%) Flexibility training
8. (10%) Muscular strength and endurance training
9. (10%) Cardiovascular (aerobic) fitness training
10. (10%) Maintain a journal to track improvement

Methods of Evaluation

Which of these methods will students use to demonstrate proficiency in the subject matter of this course? (Check all that apply):

Problem solving exercises
Skills demonstrations
Written expression

Methods of Evaluation may include, but are not limited to, the following typical classroom assessment techniques/required assignments (check as many as are deemed appropriate):

Classroom Discussion
Individual projects
Journals
Oral analysis/critiques
Oral presentations
Participation
Portfolios
Reports/Papers/Journals
Skills demonstrations
Skill tests or practical examinations

Instructional Methodology

Specify the methods of instruction that may be employed in this course

Audio-visual presentations
Class activities
Class discussions
Distance Education
Demonstrations
Group discussions
Instructor-guided interpretation and analysis
Instructor-guided use of technology
Small group activities

Describe specific examples of the methods the instructor will use:

1. The instructor will provide specific feedback to improve exercise technique and promote safety.
2. The instructor will post discussions for students to engage in with other classmates.

Representative Course Assignments

Writing Assignments

1. Maintain a personal exercise journal recording types of kickboxing movement patterns learned.
2. Write a report on the components of cardiorespiratory and cardiovascular endurance.

Critical Thinking Assignments

1. Develop appropriate and specific individual fitness goals.
2. Provide self-evaluation of progress towards fitness goals.

Reading Assignments

1. Read articles chosen by the instructor regarding various kickboxing programs.
2. Read articles chosen by the instructor regarding the introduction of cardio kickboxing to the fitness industry.

Skills Demonstrations

1. Demonstrate safety precautions when using cardio kickboxing equipment such as jump ropes and step up platforms.
2. Demonstrate proficiency in various martial arts movement patterns with weights such as a dumbbell punch.

Outside Assignments**Articulation****Equivalent Courses at 4 year institutions**

University	Course ID	Course Title	Units
CSU Fresno	KAC 49	Kickboxing	1
Cal Poly Pomona	KIN 1530A	Kickboxing	1

Comparable Courses within the VCCCD

KIN V16 - Aerobic Kickboxing
 PE M15 - Cardio Kick Boxing
 PE R131A - Kickboxing for Fitness I

Equivalent Courses at other CCCs

College	Course ID	Course Title	Units
Fullerton College	PE 167 F	Cardio Kickboxing Aerobics	1

District General Education**A. Natural Sciences****B. Social and Behavioral Sciences****C. Humanities****D. Language and Rationality****E. Health and Physical Education/Kinesiology****E2. Physical Education**

Approved

F. Ethnic Studies/Gender Studies**Course is CSU transferable**

Yes

CSU Baccalaureate List effective term:

F2000

CSU GE-Breadth

Area A: English Language Communication and Critical Thinking

Area B: Scientific Inquiry and Quantitative Reasoning

Area C: Arts and Humanities

Area D: Social Sciences

Area E: Lifelong Learning and Self-Development

E Lifelong Learning and Self-Development

Approved

Area F: Ethnic Studies

CSU Graduation Requirement in U.S. History, Constitution and American Ideals:

UC TCA

UC TCA

Approved

IGETC

Area 1: English Communication

Area 2A: Mathematical Concepts & Quantitative Reasoning

Area 3: Arts and Humanities

Area 4: Social and Behavioral Sciences

Area 5: Physical and Biological Sciences

Area 6: Languages Other than English (LOTE)

Textbooks and Lab Manuals

Resource Type

Textbook

Description

Sharkey, Brian J., and Steven E. Gaskill. *Fitness and Health*. 7th ed., Human Kinetics, 2013.

Resource Type

Other Resource Type

Description

Choose My Plate: <http://www.choosemyplate.gov/>

Resource Type

Other Resource Type

Description

dotFIT: <http://www.dotfit.com/>

Website devoted to providing free fitness and nutrition advice, issues in fitness and sports, as well as the evaluation of fitness and exercise programs.

Library Resources

Assignments requiring library resources

Utilize the Moorpark College Library's databases to locate journal articles on fitness.

Sufficient Library Resources exist

Yes

Example of Assignments Requiring Library Resources

Using EBSCOhost find and summarize one peer-reviewed article on recovery after exercise.

Distance Education Addendum

Definitions

Distance Education Modalities

Hybrid (51%–99% online)

Hybrid (1%–50% online)

100% online

Faculty Certifications

Faculty assigned to teach Hybrid or Fully Online sections of this course will receive training in how to satisfy the Federal and state regulations governing regular effective/substantive contact for distance education. The training will include common elements in the district-supported learning management system (LMS), online teaching methods, regular effective/substantive contact, and best practices.

Yes

Faculty assigned to teach Hybrid or Fully Online sections of this course will meet with the EAC Alternate Media Specialist to ensure that the course content meets the required Federal and state accessibility standards for access by students with disabilities. Common areas for discussion include accessibility of PDF files, images, captioning of videos, Power Point presentations, math and scientific notation, and ensuring the use of style mark-up in Word documents.

Yes

Regular Effective/Substantive Contact

Hybrid (1%–50% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Instructor will post discussions for students to post their thoughts and reflections. Students will also have to respond to a minimum of two classmates. Instructor will email students with announcements about the course or an upcoming event. Students in turn may email the instructor with their questions or concerns.
E-mail	Instructor will email students with announcements about the course or an upcoming event. Students in turn may email the instructor with their questions or concerns.
Face to Face (by student request; cannot be required)	Students will have the option to meet the instructor to get one-on-one help. Help may include lecture clarification, review of assignments, and extra preparation for exams.
Synchronous Dialog (e.g., online chat)	Instructor may be available on a certain day or days of the week within a certain time frame to help students and answer their questions via an online chat or video conferencing technology.
Telephone	Instructor may provide a phone number for the students where they can leave a voicemail and expect a call back within 24 hours.

Video Conferencing	Instructor may be available on a certain day or days of the week within a certain time frame to help students and answer their questions via live video conferencing. Furthermore, the instructor may lead an online lecture during a consistent time frame via Zoom or any other videoconferencing tool.
Other DE (e.g., recorded lectures)	Instructor may record workouts and post them for students to view within a specified time frame to be ready for the accompanying assignments and discussions. Instructor may also post a video or link to a video for students to view within a specified time frame to complete accompanying assignments and discussions.
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100% online Modality:	
Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Instructor will post discussions for students to post their thoughts and reflections. Students will also have to respond to a minimum of two classmates. Instructor will email students with announcements about the course or an upcoming event. Students in turn may email the instructor with their questions or concerns.
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Examinations**Hybrid (1%–50% online) Modality**

Online
On campus

Hybrid (51%–99% online) Modality

Online
On campus

Primary Minimum Qualification

PHYSICAL EDUCATION

Review and Approval Dates**Department Chair**

10/10/2020

Dean

10/14/2020

Technical Review

10/29/2020

Curriculum Committee

11/3/2020

DTRW-I

MM/DD/YYYY

Curriculum Committee

MM/DD/YYYY

Board

MM/DD/YYYY

CCCCO

11/23/2020

Control Number

CCC000524539

DOE/accreditation approval date

MM/DD/YYYY