Course Syllabus

Department: Physical Education & Integrated Health Care

Date: February 2012

I. Course Prefix and Number: PE 126

Course Name: Cardio Kickbox for Women

Credit and Contact Hours: 1 credit hour and 2 contact hours

Catalog Description Including Pre- and Co-Requisites:
Cardio Kickbox for Women is a martial arts class for women that combines self-defense techniques and aerobic exercise. Instruction will include self-defense techniques to defend against chokes, grabs and ground defense. Conditioning exercises to enhance strength and flexibility will include various kicks and boxing drills that are choreographed to music. No prerequisites.

II. Course Outcomes and Objectives:

Student Learning Outcomes:
The student will:

1. Analyze potentially dangerous situations and implement techniques in order to defuse the situation.
2. Execute defensive techniques utilizing kicks and punches incorporated in an aerobic exercise routine.
3. Identify the key structures of the cardio respiratory system.
4. Recognize the wellness benefits of aerobic training relating to the body’s cardio respiratory system.
5. Design and teach a cardio workout utilizing self-defense techniques.

Relationship To Academic Programs and Curriculum:
This course is intended for Criminal Justice Majors and women who want to gain knowledge of entry level self-defense and achieve a level of cardio exercise.

College Learning Outcomes Addressed by the Course:

☐ writing  ☐ computer literacy
☐ oral communications  ☒ ethics/values
☒ reading  ☐ citizenship
☐ mathematics  ☐ global concerns
☒ critical thinking  ☐ information resources
III. Instructional Materials and Methods:

Types of Course Materials:
A. Safety tip handouts given by the instructor – no textbook.
B. Students are required to bring the following:
   1. Water bottle
   2. Long-sleeve shirt (or sweatshirt), long sweat pants, or work out pants, (no shorts, jeans, dresses, or skirts, or any profanity type shirts or sweatshirts).

Methods of Instruction (e.g. Lecture, Labs, Seminars …):

Lecture
Lab consisting of student participation, demonstration and observation

IV. Assessment Measures (Summarize how the student learning outcomes will be assessed):

The Physical Education and Integrated Health Care Department believes each instructor should determine the grading system and evaluation methods that will be used in their section of the course. The methods of assessment must be communicated through the Course Outline that is given to the students the first week of the semester. Possible assessment methods include: quizzes, tests, collected assignments, written essays, group activities, demonstration of skills and teaching performance. Such assessments and related assignments will develop critical thinking techniques, reading and communication skills, along with developing ethics and values regarding an appreciation of lifetime physical activity.

V. General Outline of Topics Covered:

A. Class will begin with a set of warm-ups and body conditioning exercises including various flexibility and strength conditioning exercises.
B. Instruction on how to properly perform knee, front, side, and back and round house kicks. Punches will include jabs, reverse punches, upper cuts and hook punches.
C. Self-defense against chokes, headlocks, ground attacks and arm grabs.
D. Safety awareness tips will be discussed on travel, home/dorms and everyday surroundings.
E. Gradual cardio conditioning for the students from beginning to the final class. Students will be able to perform a complete cardio routine by course end.
F. Outside class project that consists of developing a one song cardio workout that the student will instruct to the class.