

DEPARTMENTAL COURSE SYLLABUS

Department: Kinesiology/Dance

Revision Date: April 2009

San Antonio College * 1300 San Pedro * San Antonio, TX * 78212-4299

Course Number and Title: KINE 2103, Cardio Kickboxing II

Credit Hours: 1

Office: 131B

Instructor: Varies

Phone: (210)486-1010 Fax: (210)486-1745

Email: wrichardson@mail.accd.edu

Web Address (URL): <http://www.accd.edu/sac/kine>

- I. **Catalog Description:** This course is designed to use intermediate techniques of cardio kickboxing skills to improve cardio respiratory endurance, muscular strength and endurance, anaerobic threshold, and body composition. Training will consist of intermediate to advanced techniques in cardio kickboxing and contact strikes using gloves and punching bags. Traditional activities such as calisthenics, resistance training, jump rope training, and core muscle training will be included. Principles of interval training will be taught as well as theories of weight management, chronic and acute disease prevention, stress management, and basic anatomy and kinesiology.
- II. **Pre-requisites:** KINE 1103 or permission from instructor.
- III. **Text:** None
- IV. **Instruction will consist of:** Lecture in relation to principles of physical fitness and related forms of exercise. Demonstration and participation in combined kickboxing and aerobic activities to include s kills test, circuit and interval work. Muscular conditioning will involve the use of free weights, weighted balls, and toning exercises. Appropriate physical fitness tests will be administered to reflect pre and post fitness levels.
- V. **Course Content:**
- Introduction to Physical Fitness and Wellness
 - Physical Fitness Assessments
 - Cardiorespiratory Fitness Assessments
 - Development of a cardiovascular endurance program through the development of basic kickboxing combinations
 - Muscular Strength and Endurance Program to include auxiliary equipment (e.g. kick-box dummies, stability balls, weighted balls, dumbbells, body bar)
 - Muscular Flexibility Program incorporating proper stretching guidelines
 - Instruction on injury prevention
 - Body Composition Analysis
 - Nutritional Guidelines
 - Chronic Disease Prevention
 - Exercise Adherence Recommendations
 - Relevant Fitness and Wellness Issues
- VI. Learning Outcomes and Performances Objectives with their methods of measurements as used to determine the students' mastery of those outcomes.

Learning Outcome 1: The students will learn and identify the health-related components of physical fitness and incorporate cardiorespiratory endurance, muscular strength, muscular endurance, and flexibility training into the cardio kickboxing program, as presented in visual instructions, text, and class material.

Performance Objectives / Method(s) of measurement for each objective:

1. The students will participate in physical fitness evaluations to assess fitness levels in cardiorespiratory by way of the 1.5 mile run, 1 mile walk/run tests, or other testing methods.
2. Students will participate in muscular strength and endurance testing by way of timed push-ups and sit-up tests, or other testing methods.
3. Students will participate in flexibility testing by way of the sit-and-reach tests, shoulder flexion test, or other testing methods.
4. Students will take written examinations.

Learning Outcome 2: The students will learn and describe how much exercise is recommended for developing and maintaining health and fitness based upon the principles of frequency, duration, intensity, and mode established by the American College of Sports Medicine, Surgeon General's Report, text, or other resources provided.

Performance Objectives / Method(s) of measurement for each objective:

Students will take two written examinations.

1. Students will participate in physical fitness evaluations to determine current fitness level and concluding fitness level.

Learning Outcome 3: The students will learn and physically execute performance skills of cardio kickboxing.

Performance Objectives / Method(s) of measurement for each objective:

- 1) Each student will participate in a skills acquisition test; measured subjectively.

Learning Outcome 4: Students will become skilled at the basic concepts of nutrition and will be challenged to develop a good nutritional plan that consists of a variety of foods from the revised USDA 2005 Food Guide Pyramid.

Performance Objectives / Method(s) of measurement for each objective:

- 1) Students will take written examinations.
- 2) Students will evaluate body fat composition several times during the semester.
- 3) Students will participate in three-day food analysis.

Learning Outcome 5: The student will learn the benefits and importance of living healthy lifestyles; to assume responsibility for factors that are under our control (e.g. smoking, inactivity) to help reduce risk of chronic diseases.

Performance Objectives / Method(s) of measurement for each objective:

- 1) Students will evaluate body fat composition using various methods (e.g. Bioelectric impedance analysis).
- 2) Students will submit written assignments.
- 3) Students will take written examinations

VII. Course requirements and grade computation.

A. College Requirements:

A written, comprehensive final examination, not to exceed three hours in length, shall be given at the end of each semester for each course at the regular scheduled time. Any exceptions to these requirements must be approved by the appropriate dean. Other examinations are given at the discretion of the instructor.

A student who must be absent from the final examination should petition that instructor for permission to postpone the examination. **A student absent without permission from a final examination is graded “F.”** Postponed examinations result in a grade of “I.” The final exam must be taken within 120 calendar days from the end of the semester or the grade automatically becomes an “F.” (San Antonio College Bulletin, Faculty Handbook – January 1995)

- B. Department Requirements: Health Questionnaire completed and furnish your own lock. The 1-hour Kinesiology and Dance activity classes typically are dismissed 10 minutes prior to the scheduled time for student’s personal hygiene purposes.
- C. Instructor Requirements: This syllabus is subject to change at the instructor's discretion.

VIII. College Policies:

- A. San Antonio College does not discriminate on the basis of race, religion, color, national origin, sex, age, or disability with respect to access, employment programs or services.
- B. Students are urged not to bring children to either a class or lab. Minors under the age of twelve (12) must not be left unattended on campus. College Academic Council – April, 1998
- C. ADA Statement: “As per section 504 of the Vocational Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990, if accommodations is needed contact the Office of DisABILITY Support Services, CAC 124C, Phone: (210) 486-0020.
- D. A Rapid Response Team exists for the purpose of responding to emergencies. If you have a disability that will require assistance in the event of a building evacuation, notify Disability Support Services, Chance Academic Center 124C, Phone: (210) 486-0020.
- E. Academic Dishonesty: Students may be subject to disciplinary proceedings resulting in an academic penalty or disciplinary penalty for academic dishonesty. Academic Dishonesty includes, but is not limited to, cheating on a test, plagiarism and collusion. For additional information refer to the “Student Code of Conduct” in the San Antonio College Bulletin.
- F. Students are required to silence all electronic devices (e.g., pagers, cellular phones, etc.) when in classrooms, laboratories and library. College Academic Council, 01/2000.
- G. San Antonio College Attendance Policy: Regular and punctual attendance is required. A student absent for any reason is responsible for all work missed. Absences are recorded from the first day of class. A student absent the equivalent of two weeks of instruction, may be dropped by the instructor with a grade of “W.” Both tardiness and early departure from class are forms of absenteeism. The instructor establishes the policy with regards for each.
- H. San Antonio College is a smoke free campus.
- I. Alamo Colleges Department of Public Safety Emergency Number (210)222-0911

AC DPS 24 hour Dispatch (210)485-0099

AC DPS Weather Line (210)485-0189

- J. Students must also abide by the policies, procedures, and rules set forth in the “Student Code of Conduct” and all other policies set forth in the San Antonio College Bulletin.

<http://mysaccatalog.alamo.edu/>

