



## Course Syllabus

### **KINE 1132/2132 – Kickboxing I & Kickboxing II**

*Revision Date: January 17, 2017*

**Catalog Description:** Kickboxing is a fitness program designed to improve muscle tone and cardiovascular endurance through constant motion and repetition using martial arts techniques. A variety of techniques and some martial arts applications are taught.

**Prerequisites:** General good physical condition or permission from physician.

**Semester Credit Hours:** 1

**Lecture Hours per Week:** 0

**Lab Hours per Week:** 3

**Contact hours per Semester:** 48

**State Approval Code:** 36.0108.51 23

#### **Core Components and Related College Student Learning Outcomes**

This course counts as part of the academic requirements of the Panola College Core Curriculum and an Associate of Arts or Associate of Science degree. Yes No: If no, skip to Instructional Goals.

The items below marked with an X reflect the state-mandated outcomes for this course **IF this is a CORE course:**

Critical Thinking Skills – to include creative thinking, innovation, inquiry and analysis, evaluation and syntheses of information

CT1: Generate and communicate ideas by combining, changing, or reapplying existing information

CT2: Gather and assess information relevant to a question

CT3: Analyze, evaluate, and synthesize information

Communication Skills – to include effective development, interpretation, and expression of ideas through written, oral, and visual communication

CS1: Develop, interpret, and express ideas through written communication

CS2: Develop, interpret, and express ideas through oral communication

CS3: Develop, interpret, and express ideas through visual communication

Empirical and Quantitative Skills – to include the manipulation and analysis of numerical data or observable facts resulting in informed conclusions

EQS1: Manipulate and analyze numerical data and arrive at an informed conclusion

EQS2: Manipulate and analyze observable facts and arrive at an informed conclusion

Teamwork – to include the ability to consider different points of view and to work effectively with others to support a shared purpose or goal

TW1: Integrate different viewpoints as a member of a team

TW2: Work with others to support and accomplish a shared goal

Personal Responsibility – to include the ability to connect choices, actions, and consequences to ethical decision-making

PR1: Evaluate choices and actions and relate consequences to decision-making

Social Responsibility – to include intercultural competence, knowledge of civic responsibility, and the ability to engage effectively in regional, national, and global communities

SR1: Demonstrate intercultural competence

SR2: Identify civic responsibility

SR3: Engage in regional, national, and global communities

**Instructional Goals and Purposes:** The purpose of this course is to offer experience with a variety of kickboxing techniques to provide a high intensity cardio and muscular strengthening workout.

**LEARNING OUTCOMES:** After studying all materials and resources presented in the course, the student will be able to:

1. Understand the importance of developing and living a healthy lifestyle.
2. Become more familiar with a variety of different kicking and boxing techniques.
3. Understand and develop principles of stability.
4. Become more familiar with safety and movement execution.

**Methods of Instruction/Course Format/Delivery:**

Demonstration and return demonstration will be the primary method of instruction from a certified kickboxing instructor.

**Assessment:** Grades will be solely based on attendance and participation.

**Course Grade:** The grading scale for this course is:

3 or fewer classes missed: A

4 classes missed: B

5 classes missed: C

6 classes missed: D

7+ classes missed: F

**Texts, Materials, and Supplies:**

**Supplies:** There is a \$35 Lab Fee required for this course.

**Course Attire:** Students are encouraged to wear comfortable but somewhat “fitted” clothes such as stretch shorts, leggings, sweat pants, and t-shirts. Comfortable, supportive athletic shoes required. Sweat towel is optional, but HIGHLY recommended. Hair should be secured so as not to interfere with vision.

**Other:**

**No text required.**

For testing services, use the following link: <http://www.panola.edu/elearning/testing.html>

If any student in this class has special classroom or testing needs because of a physical learning or emotional condition, please contact the ADA Student Coordinator in Support Services located in the Administration Building or go to <http://www.panola.edu/student-success/disability-support-services/> for more information.

Withdrawing from a course is the student’s responsibility. Students who do not attend class and who do not withdraw will receive the grade earned for the course.

Student Handbook, *The Pathfinder*: <http://www.panola.edu/student-success/documents/pathfinder.pdf>