



Course Syllabus

KINE 1132/2132 – Kickboxing I & Kickboxing II

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

Class section meeting time:

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>