

Cardio Kickboxing I

Course Design

2007-2008

Course Information

Organization	Eastern Arizona College
Division	Health & Physical Education
Course Number	HPE 101AK
Title	Cardio Kickboxing I
Credits	1
Developed by	Ralph Miller/Revised by Jim Bagnall
Lecture/Lab Ratio	0 Lecture/2 Lab
Transfer Status	Non-transferable
Activity Course	Yes
CIP Code	31.0501
Assessment Mode	Pre/Post Test (20 Questions/20 Points)
Semester Taught	Upon Request
GE Category	AAS degree only
Separate Lab	No
Awareness Course	No
Intensive Writing Course	No

Prerequisites

None

Educational Value

All ages seeking knowledge of self-defense skills, improved fitness, greater self confidence and increased flexibility.

Description

This course is designed to give students an understanding of basic kickboxing footwork and techniques. Students will learn proper stances, kicking, punching, blocks and attitude while increasing their fitness level and flexibility. All set to music!

Supplies

Comfortable, non restrictive clothing

Cross-training shoes

Competencies and Performance Standards

- 1. Describe the performance of kickboxing techniques with attention to proper body placement, concepts of execution, mind set, and safety.**

Learning objectives

What you will learn as you master the competency:

- Understand the reason for kickboxing development.
- Understand responsibility of kickboxing training.
- Understand proper use of the body in offensive and defensive action.

Performance Standards

Competence will be demonstrated:

- o on the post test.

Criteria - Performance will be satisfactory when:

- o learner can explain in general terms history of kickboxing development.
- o learner can demonstrate general grasp of proper mind-set and attitude in relation to kickboxing training.
- o learner can demonstrate general grasp of key concepts underlying kickboxing techniques, with an emphasis on safety.

- 2. Demonstrate proper kickboxing techniques ensuring safety of self and others.**

Learning objectives

What you will learn as you master the competency:

- Understand safety concerns during demonstration of techniques.
- Understand proper timing of techniques.
- Demonstration of techniques listed under criteria.

Performance Standards

Competence will be demonstrated:

- o by correctly performing techniques in class.
- o on the post test.

Criteria - Performance will be satisfactory when:

- o learner demonstrates proper performance of straight punch.
- o learner demonstrates proper performance of cross punch.
- o learner demonstrates proper performance of hook.
- o learner demonstrates proper performance of uppercut.
- o learner demonstrates proper performance of jab.
- o learner demonstrates proper performance of in-block.
- o learner demonstrates proper performance of out-block.
- o learner demonstrates proper performance of up-block.
- o learner demonstrates proper performance of down-block.
- o learner demonstrates proper performance of front kick.

- o learner demonstrates proper performance of back kick.
- o learner demonstrates proper performance of round house kick.

Types of Instruction

Demonstrations

Student Participation

Grading Information

Grading Rationale

Attendance - 50%

Participation - 40%

Pre test – 0%

Post Test - 10%

Pass/Fail - To pass student must participate in 50% of possible classes offered.