



COURSE OUTLINE : PE 220
D Credit – Degree Applicable
COURSE ID 010360
Created: October 2018

COURSE DISCIPLINE : PE
COURSE NUMBER : 220
COURSE TITLE (FULL) : Kickboxing I
COURSE TITLE (SHORT) : Kickboxing I

CATALOG DESCRIPTION

PE 220 instructs students in the basics of kickboxing as a martial art, self-defense technique and exercise format to improve physical conditioning. Instruction focuses on achieving safe practice and proper form for fundamental stance, footwork, punches, kicks, knees and elbows, as well as simple combinations. This course utilizes bag-work for conditioning drills, and emphasizes injury prevention.

Total Lecture Units:0.00

Total Laboratory Units: 1.00

Total Course Units: 1.00

Total Lecture Hours:0.00

Total Laboratory Hours: 54.00

Total Laboratory Hours To Be Arranged: 0.00

Total Contact Hours: 54.00

Total Out-of-Class Hours: 0.00

Prerequisite: None.



ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1				Perform moderate daily physical activities;	Yes
2				demonstrate awareness of personal physical limitations;	Yes
3				demonstrate and maintain a positive attitude in a group environment.	Yes

EXIT STANDARDS

- 1 Recognize the language and terminology of kickboxing as it applies to the history, skills and strategies taught;
- 2 demonstrate understanding of proper form for fundamental stances, footwork, punches, kicks, knees and elbows in kickboxing;
- 3 differentiate between different techniques in kickboxing appropriate for situations in self-defense, exercise or competition;
- 4 communicate effectively in writing, speaking, or signing related defense training information;
- 5 create an effective defensive plan of action based upon their own level of skill and physical fitness/conditioning;
- 6 demonstrate understanding of the relationship of personal physical and mental health in applying kickboxing options or responses.

STUDENT LEARNING OUTCOMES

- 1 demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment;
- 2 demonstrate knowledge of kickboxing technique for self-defense;
- 3 demonstrate application of kickboxing movements and skills for safe exercise.

COURSE CONTENT WITH INSTRUCTIONAL HOURS

	Description	Lecture	Lab	Total Hours
1	Introduction and Overview of Kickboxing <ul style="list-style-type: none"> • History and philosophy of kickboxing as a martial art and for self-defense • Kickboxing for exercise and fitness • Safety considerations 	0	2	2



2	Introduction to Fundamental Kickboxing Techniques <ul style="list-style-type: none"> • Stance and body positioning • Punches (e.g. jab, cross, hook, uppercut) • Kicks (e.g. roundhouse, side-kick, spinning back-kick, front-kick and front-push) • Knees • Elbows • Movement and footwork (e.g. lateral, forward push, retreat) • Blocking, checking kicks, ducking/slipping punches and counter-punching • Combinations 	0	30	30
3	Physical Conditioning for Kickboxing <ul style="list-style-type: none"> • Static and dynamic balance • Core strength and endurance • Muscular strength and power • Cardiovascular endurance and conditioning • Speed and agility drills • Injury prevention 	0	10	10
4	Practice and Performance of Kickboxing Techniques <ul style="list-style-type: none"> • Bag work • Shadow boxing • Skill repetition and drills 	0	12	12
				54

OUT OF CLASS ASSIGNMENTS

- 1 self-evaluation (e.g. written evaluation of personal knowledge related to kickboxing);
- 2 written analysis (e.g. written analysis of the physical and emotional benefits of Kickboxing techniques)

METHODS OF EVALUATION

- 1 practical examination
- 2 written midterm exam
- 3 written final exam
- 4 critique (e.g. peer-peer or instructor-student critique of forms)

METHODS OF INSTRUCTION

- Lecture
- Laboratory



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- Studio
- Discussion
- Multimedia
- Tutorial
- Independent Study
- Collaboratory Learning
- Demonstration
- Field Activities (Trips)
- Guest Speakers
- Presentations

TEXTBOOKS

Title	Type	Publisher	Edition	Medium	Author	ISBN	Date
Instructor will provide reading materials.							