



COURSE OUTLINE : PE 221
D Credit – Degree Applicable
COURSE ID 010361
Created: October 2018

COURSE DISCIPLINE : PE
COURSE NUMBER : 221
COURSE TITLE (FULL) : Kickboxing II
COURSE TITLE (SHORT) : Kickboxing II

CATALOG DESCRIPTION

PE 221 builds on the fundamental skills learned in Kickboxing I and introduces the student to intermediate techniques in kickboxing for self-defense, competition and exercise. Instruction focuses on adding power and placement to basic punches, kicks, knees and elbows, as well as adapting to an opponent's movements and evasive techniques. Physical conditioning for injury prevention and performance are emphasized. Students are introduced to focus pads and mitt-work, as well as safe sparring between training partners.

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: PE 220.



ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1	PE	220	Kickboxing I	Recognize the language and terminology of kickboxing as it applies to the history, skills and strategies taught;	Yes
2	PE	220	Kickboxing I	demonstrate understanding of proper form for fundamental stances, footwork, punches, kicks, knees and elbows in kickboxing;	Yes
3	PE	220	Kickboxing I	differentiate between different techniques in kickboxing appropriate for situations in self-defense, exercise or competition;	Yes
4	PE	220	Kickboxing I	communicate effectively in writing, speaking, or signing related defense training information;	Yes
5	PE	220	Kickboxing I	create an effective defensive plan of action based upon their own level of skill and physical fitness/conditioning;	Yes
6	PE	220	Kickboxing I	demonstrate understanding of the relationship of personal physical and mental health in applying kickboxing options or responses.	Yes

EXIT STANDARDS

- 1 Apply the language and terminology of kickboxing to describe fundamental history, skills and strategies;
- 2 apply proper form to fundamental stances, punches, kicks, knees and elbows in kickboxing;
- 3 evaluate and apply different strikes to situations and strategies for kickboxing;
- 4 communicate effectively in writing, speaking or signing related self-defense training information;
- 5 create combinations and strategies to apply kickboxing to self-defense or competition situations and for physical performance conditioning;
- 6 apply appropriate safety, injury prevention and physical and mental health strategies to individual and partner training for kickboxing.

STUDENT LEARNING OUTCOMES

- 1 demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment;
- 2 apply safe and effective kickboxing techniques for self-defense, competition and exercise;
- 3 demonstrate understanding of situational strategies in kickboxing for self-defense, competition and conditioning for physical performance.



COURSE CONTENT WITH INSTRUCTIONAL HOURS

	Description	Lecture	Lab	Total Hours
1	Review of Kickboxing <ul style="list-style-type: none"> • History and philosophy of kickboxing as a martial art and for self-defense • Different styles of kickboxing (e.g. Muay Thai, Taekwondo and Mixed Martial Arts) • Kickboxing for exercise and fitness • Safety considerations • Safety considerations when sparring or drilling with partners 	0	4	4
2	Mastery of 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	8	8
3	Introduction to Intermediate Kickboxing Techniques <ul style="list-style-type: none"> • Bag-work vs. targets vs. sparring • Drilling with a partner • Intermediate level combinations • Taekwondo drills for kicking • Countering and defensive maneuvers • Analyzing styles and options for different situations or competitions; e.g. Muay Thai, Taekwondo and Mixed Martial Arts. • Strategies and individual style 	0	16	16
4	Physical Conditioning for Kickboxing <ul style="list-style-type: none"> • Static and dynamic balance • Core strength, endurance and rotational power • Muscular strength and power • Cardiovascular endurance and sprint-style conditioning • Speed and agility drills • Injury prevention 	0	10	10



5	Practice and Performance of Kickboxing Techniques <ul style="list-style-type: none"> • Bag work • Mitts and focus pads • Partner drills • Sparring 	0	16	16
				54

OUT OF CLASS ASSIGNMENTS

- 1 self-evaluation (e.g. written evaluation of personal knowledge related to kickboxing)

METHODS OF EVALUATION

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

METHODS OF INSTRUCTION

- Lecture
- Laboratory
- 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.							