

KINE 131 - Cardio Kickboxing Course Outline

Approval Date: 02/13/2020

Distance Education Mode of Instruction On-Campus

SECTION B

General Education Information:

SECTION C

Course Description

Repeatability May be repeated 0 times

Catalog Description This course is designed to provide students with a cardiovascular and muscle conditioning workout through continuous movements such as kicks, punches, jumping rope and calisthenic exercises. Each workout, which begins with a warm-up and finishes with a final stretch, emphasizes proper execution of movements and body alignment. This course is a non-contact workout appropriate for all levels of fitness.

3. Students will review fundamentals and learn proper executions of side kicks, back kicks, hooks and uppercuts. Flexibility and balance become more of a focus during movements to the side and back of the body. Students will begin traveling movements side-to-side and forward-backward increasing the intensity of the workout and requiring more coordinated movement.

4. Students will review technique of all kicks and punches and begin executing movements in coordinated patterns using different traveling paths, changing rhythms and varying speeds of movements. Increasing the range of motion of movement is encouraged increasing the intensity of the workout, and providing a challenge for the advanced participant. Flexibility remains an important part of the workout.

Book #1:
Author: Leonard, K.
Title: Anybody's Guide to Total Fitness
Publisher: Kendall Hunt Publishing
Date of Publication: 2016
Edition: 11th

B. Other required materials/requ