

MASTER COURSE OUTLINE

A. PHED 1122 Cardio Kickboxing

B. COURSE DESCRIPTION:

This course introduces the student to theory, movement, and outcomes of the skill of combining martial arts techniques with aerobic conditioning. Students will have the opportunity to test individual skills through a series of physical tests. The course provides an introduction to life-long skills for conditioning and health.

(1 Cr – 0 lect, 1 lab)

C. **Core Theme: Critical Thinking

D. MAJOR CONTENT AREAS:

- History and theory of cardio kickboxing
- Principles and benefits of aerobic fitness
- Kicking techniques
- Punching techniques
- Block techniques
- Stances
- Holding blocks and targets

E. GOAL TYPES, OBJECTIVES, AND OUTCOMES:

<u>GOAL</u>	<u>OBJECTIVES</u>	<u>OUTCOMES</u>
**Critical Thinking	Students will be able to gather factual information and apply it to a given problem in a manner that is relevant, clear, comprehensive, and conscious of possible bias in the information selected.	The student will successfully <ol style="list-style-type: none"> 1. create a personal plan for developmentally appropriate use of aerobic skills.
<u>CS</u>	identify the types of kicks, punches, stances, and blocks.	<ol style="list-style-type: none"> 1. demonstrate the types of kicks, punches, stances, and blocks. 2. maintain a daily workout sheet.
<u>CS</u>	determine target heart rate, resting heart rate and perceived exertion rate.	<ol style="list-style-type: none"> 1. monitor heart throughout each workout by taking and recording a working heart rate and recovery heart rate. 2. chart results on a talk test. 3. maintain a daily workout sheet.
<u>CS</u>	monitor changes in body composition due to the workout routine.	<ol style="list-style-type: none"> 1. conduct body fat percentage test three times throughout the semester and record the results. 2. conduct a pre- and post-abdominal and upper body strength test.

F. SPECIAL INFORMATION:

This course may require use of the Internet, the submission of electronically prepared documents and the use of a course management software program. Students who have a disability and need accommodations should contact the instructor or the Student Success Center at the beginning of the semester. This information will be made available in alternative format, such as Braille, large print, or current media, upon request.

G. COURSE CODING INFORMATION:

Course Code D/Class Maximum 30; Letter Grade.

Revision date: 10/05/10

AASC Approval date: 11/30/10

*Riverland Community College Disciplines	MnTC Goal Number
Communication (CM)	1
Natural Sciences (NS)	3
Mathematics/Logical Reasoning (MA)	4
History and the Social & Behavioral Sciences (SS)	5
Humanities and Fine Arts (HU)	6

**Riverland Community College Core Themes	MnTC Goal Number
Critical Thinking (CT)	2
Human Diversity (HD)	7
Global Perspective (GP)	8
Ethical and Civic Responsibility (EC)	9
People and the Environment (PE)	10

*These five MnTC Goals have been identified as Riverland Community College Disciplines.

** These five MnTC Goals have been identified as Riverland Community College Core Themes.

NOTE: The Minnesota Transfer Curriculum "10 Goal Areas of Emphasis" are reflected in the five required discipline areas and five core themes noted in the Riverland Community College program of study guide and/or college catalog.