

PHED 19B: KICKBOXING FOR FITNESS

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2024
Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Combatives family of activity courses.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Student Learning Outcomes

- Perform with an increasing degree of proficiency kickboxing for fitness skills

Description

Introduction to the basic skills and mechanics of kickboxing for fitness. Total cardiovascular workout emphasizing basic footwork, body mechanics, punching and kicking combinations, and basic offensive and defensive techniques.

Course Objectives

The student will be able to:

1. Examine the history and origins of contemporary kickboxing in the United States
2. Demonstrate basic footwork, proper punching and kicking combinations
3. Understand the fundamentals of applied kinesiology
4. Employ proper warm-up and cool-down stretching for injury prevention
5. Demonstrate knowledge of the anatomical terms related to kickboxing
6. Recognize the physical benefits derived from kickboxing
7. Explain the difference between aerobic and anaerobic exercise
8. Select appropriate beginning level exercises and maintain low to moderate intensity

Course Content

1. History and origins of kickboxing
 - a. Introduction to United States
 - b. Integration of aerobics, karate, and boxing
2. Fundamentals of exercise physiology
 - a. Muscular strength
 - b. Muscular endurance

- c. Cardiovascular endurance
 - d. Flexibility
 - e. Body composition
3. Guidelines for improving cardiovascular endurance
 - a. Intensity
 - b. Duration
 - c. Frequency
 - d. Mode
 4. Safety and prevention of injury
 - a. Warm-up
 - b. Cool-down
 - c. Proper stretching
 - d. Breathing
 - e. Monitoring intensity based on perceived exertion
 5. Footwork
 - a. Stances
 - b. Proper alignment
 - c. Weight distribution

Lab Content

Laboratory content may include, but is not limited to:

1. Footwork
 - a. March
 - b. Jog
 - c. Tapping
 - d. Step touch
 - e. Squat
 - f. Hops
 - g. Jumps
 - h. Lunges
 - i. Travel
 - j. Alternate knees
2. Punches
 - a. Jab
 - b. Double jab
 - c. Triple jab
 - d. Cross
 - e. Double-cross
 - f. Triple-cross
 - g. Upper cut
 - h. Hook
 - i. Elbow
3. Kicks
 - a. Front
 - b. Step over front kick
 - c. Side
 - d. Step to side kick
 - e. Rear
 - f. Step to rear kick
 - g. Roundhouse
 - h. Step side to roundhouse
 - i. Double step to roundhouse

Special Facilities and/or Equipment

1. Fitness mat and appropriate workout clothing. Towel is optional.
2. When taught as an online distance learning or hybrid section, students and faculty need ongoing and continuous internet and email access.

Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

Direct instructor observation of skill techniques
Demonstration of individual kickboxing routine

Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Cooperative learning exercises
Laboratory
Demonstration
Mini-lectures

Representative Text(s) and Other Materials

Dumas, A., and James A. Turner. [Full Contact Kickboxing: A Complete Guide to Training and Strategies](#). 2023.

Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

Optional reading and writing exercises as recommended by instructor.

Discipline(s)

Physical Education