

# PHED 19C: INTERMEDIATE KICKBOXING FOR FITNESS

## Foothill College Course Outline of Record

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

## Student Learning Outcomes

- Demonstrate proper alignment and advanced level of kicking/punching techniques. Be familiar with major muscles and bones related to anatomical terminology in Kickboxing.

## Description

Focuses on punching and kicking combination drills, with fewer breaks or interruptions, and with an increase in intensity, impact, and duration. An emphasis is placed on intermediate level footwork and body mechanics to improve coordination, reaction time, and balance.

## Course Objectives

The student will be able to:

1. Identify major muscles and bones related to kickboxing
2. Understand the fundamentals of applied kinesiology
3. Demonstrate intermediate level movements and sequences
4. Demonstrate proper alignment of intermediate punching and kicking postures
5. Modify exercises to achieve personal fitness goals
6. Recognize and implement the importance of safe exercise practice

## Course Content

1. Muscular and skeletal system as they relate to kickboxing
2. Fundamental movements
  - a. Sagittal plane: flexion, extension, dorsiflexion, plantarflexion
  - b. Frontal plane: abduction, adduction, elevation, depression, inversion, eversion
  - c. Transverse plane: rotation, pronation, supination, horizontal flexion and extension
3. Anatomical terminology: major muscles, joints, and bones
4. Movements/combo drills based on 32-count phrasing using music

5. Increased focus and concentration in performance of intermediate level punching and kicking drills
6. Cardiovascular high intensity exercise without fatigue
7. Body alignment, core strength, and hip rotation in smooth sequential intermediate level kickboxing movements
8. Injury prevention
  - a. General good health
  - b. Proper warm-up/cool-down/stretching
  - c. Monitoring of maximum and target heart rates
9. Physical benefits
  - a. Cardiovascular
  - b. Muscular strength and endurance
  - c. Flexibility
  - d. Body composition

## Lab Content

Laboratory content may include, but is not limited to:

1. Footwork
  - a. Fighting stance
  - b. Proper alignment for punching and kicking postures
  - c. Double step touch
  - d. Squat lunges (stationary)
  - e. Squat lunges (traveling)
  - f. Jumping jacks
  - g. Shuffle
  - h. Ball change
    - i. Pivot
    - j. Sweeping
2. Punches
  - a. Jabs
  - b. Double jabs
  - c. Cross
  - d. Double cross
  - e. Triple cross
  - f. Upper cut
  - g. Double upper cut
  - h. Hook
    - i. Double hook
3. Kicks
  - a. Crescent kick
  - b. Axe kick
  - c. Step kick
  - d. Step knee kick
  - e. Double step kick
  - f. Rear kick with squat
  - g. Side kick
  - h. Step side kick
    - i. Double step kick
    - j. Roundhouse kick
    - k. Roundhouse kick with jumping jack
    - l. Hook kick
4. Core strength skills

- a. Bob and weave
- b. Blocking
- c. Side knee up with one leg balance
- d. Repeated one-leg kicking
- e. Upper cut using core muscles

## Special Facilities and/or Equipment

1. Comfortable workout clothing, fitness mat, resistance bands, and light hand weights.
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 observation of student skills and techniques  
Student demonstration of individual intermediate level kickboxing routine

## Method(s) of Instruction

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

Cooperative learning exercises  
Instructor and student 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