

PHED 19D: ADVANCED 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 self-defense skills
- Demonstrate increased cardiovascular fitness

Description

Emphasizes high-intensity and moderate- to high-impact advanced level kickboxing sequences using complex and choreographed movements.

Course Objectives

The student will be able to:

1. Understand biomechanical principles and basic kinesiology
2. Demonstrate advanced level kickboxing movements with proper alignment
3. Perform advanced high-intensity/moderate- to high-impact routines without fatigue
4. Discuss the safety issues related to advanced kickboxing
5. Demonstrate an understanding of anatomy, physiology, and kinesiology as related to advanced kickboxing
6. Calculate target heart rate and body mass index
7. Explain physical and mental benefits of advanced kickboxing

Course Content

1. Fundamentals of applied kinesiology
 - a. Law of acceleration
 - b. Law of reaction
 - c. Lower extremities: hips, knees, legs
 - d. Upper extremities: shoulders, glenohumeral joint
 - e. Spine and pelvis: posture, neutral spine, trunk, core stability
2. Concentration: increased precision of movement with focus and awareness
3. Control: controlled movement performed fluidly in non-interrupted sequence
4. Kickboxing choreography

- a. Building sequential combinations
- b. Appropriate beat per minute

Lab Content

Laboratory content may include, but is not limited to:

1. Footwork
 - a. Boxer's stances
 - b. Squat jump
 - c. Stationary boxing
 - d. Dynamic boxing
 - e. Kickboxing combinations (simple to complex)
2. Punches
 - a. Elbow strikes
 - b. Reverse punch
 - c. Blocking
 - d. Uppercut cross
 - e. Hook uppercut
 - f. Combination of various mixed punches
3. Kicks
 - a. Straight knee thrust (long-range knee kick or front heel kick)
 - b. Rising strike knee
 - c. Hooking knee strike
 - d. Side knee snap strike
 - e. Spinning front kick
 - f. Spinning back kick
 - g. Jump kick
 - h. Combination of various mixed kicks

Special Facilities and/or Equipment

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 student skills and techniques
Student demonstration of individual advanced 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 assignments as recommended by instructor.

Discipline(s)

Physical Education