



Course Information

Division	Health Sciences
Contact Hours	2
Theory	2
Lab Hours	30
Total Credits	1

Prerequisites ENGL 090 and RDG 090 or qualifying scores on ACT or COMPASS tests

Course Description

The purpose of the course is to help the participating student understand the art of KickBoxing, not only as a means to attain physical fitness and cardiovascular exercise, but also as a method of self-defense. Emphasis will be placed on physical fitness, self-discipline, and self-defense. Involved are body movement principles, a progressive cardiovascular exercise program, and other desirable health and technical aspects of the art of Kickboxing.

Course Outcomes

In order to evidence success in this course, students will be able to:

1. Identify/Recognize:
 - a. the sport of Kickboxing and its relationship to traditional Karate
 - b. the main functions of Kickboxing as a means for self-defense
 - c. physical fitness for health and life
 - d. cardiopulmonary exercise
 - e. an exciting form of self-defense
 - f. an exhilarating form of exercise
2. Demonstrate/Practice:
 - a. practice and improve precision techniques and actions of Kickboxing
 - b. demonstrate respect toward one's self and body and other in sport
 - c. demonstrate continuing progress in flexibility, endurance, self-control, and power
3. Each student will be expected to commit himself to each class period physically, mentally and emotionally.