



SYLLABUS – KINE 1116 – CARDIO KICKBOXING

Instructor's Information:

Name: Vanessa Reales

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Office Hours: TBA

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[Use Remind App](#)

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Materials: Water, towel, small journal/spiral notebook, hand wraps/non-padded gloves (*not* boxing gloves), and clothing & footwear appropriate for a variety of exercises. (No jeans or khakis.) Improper attire may result in the student not being permitted to participate as movement may be hindered. Exercise mats are provided, but feel free to bring your own.

Objectives:

1. Learn different techniques of kickboxing exercises and strength and conditioning exercises.
2. Learn to modify different exercises (i.e. intensity, impact, style) to suit one's fitness abilities.
3. Discover a cardiovascular exercise regimen he/she enjoys and make it a regular part of a healthy lifestyle.

Course Evaluation: Your grade in this course will directly reflect your effort and daily class participation. Simply showing up does not guarantee an "A" in the class. A positive attitude and a willingness to participate will ensure a good grade as well as a rewarding class experience. Student Learning Outcomes listed in General Course Syllabus will be evaluated as follows:

Participation/Attendance, Attitude, & Skill Mastery (3 pts/day)	60 points
Written Assignments	30 points
<u>Final Exam</u> (All participation points, 0 tardies, good attitude, & A average = final exam exemption)	<u>10 points</u>
Total	100 points

Attendance Policy:

1. There are NO excused absences! All absences are equal. (Absence = 0 participation points)
2. 3 absences = one-letter grade penalty will be subtracted from final grade
3. 5 absences = student is subject to being dropped with an "F" in the course
4. Non-participating notation—NP—will be recorded if a student is unable to participate, but does attend class. However, 2 NPs = 1 ABSENCE. There is a LIMIT of 2 NPs per semester. NPs are for illness only. (If you have any reason that prevents you from participating for an extended period of time, you need to withdraw from the course.)
5. Be on time to class! Class begins at the exact time listed on your schedule.
6. 3 TARDIES = 1 ABSENCE. Depending on the amount of time you are late, I will determine if it will be recorded as a tardy or absence. Same rules apply when a student LEAVES CLASS EARLY.
7. In certain situations, classes may be made-up to avoid grade penalties outlined above. (See me if this occurs.) A MAXIMUM OF 2 CLASSES MAY BE MADE UP.

General Guidelines:

- Cell phones must be turned OFF! (*If your phone rings, buzzes, or flashes you will lose one letter grade!*)
- No foul language
- No inappropriate clothing (*Do not wear long sleeves during the workout.*)
- No food or drink except water (*Do not eat a heavy meal or consume energy drinks before class!*)
- No headphones
- No hats/caps – Tie long hair back
- No whining!

***** Remember: You will get out of this class what you put into it!*****

Please note: This syllabus is subject to change at the instructor's discretion at any point during the semester.

KINE 1116 – Cardio Kickboxing Course Calendar

Week 1 – Syllabus, Student Info, Par Q, Body Measurements, & Pre-Assessment Measures

Week 2 – Finish Pre-Assessment Measures & Learn Basic Kickboxing Techniques
(stance/guard/kicks/punches/etc.)

Week 3 – Review Techniques & Cardio Kickboxing & Abs

Week 4 – Cardio Kickboxing (add techniques) & Strength Training

Week 5 – Lecture on **Assignment 1**: Comparison of Calorie Input & Output & Cardio Kickboxing

Week 6 – Cardio Kickboxing & **Assignment 1 due**

Week 7 – Cardio Kickboxing (add techniques)

Week 8 – Self-Defense & Cardio Kickboxing & **Assignment 2**: Written Evaluation of Class

Week 9 – Cardio Kickboxing & Abs

Week 10 – Cardio Kickboxing (add techniques) & Self-Defense

Week 11 – Cardio Kickboxing & Strength Training

Week 12 – Cardio Kickboxing & Self-Defense

Week 13 – Cardio Kickboxing

Week 14 – **Assignment 3**: Workout Plan

Week 15 – Self-Defense & Post Assessment Measures

Week 16 – Final Exam

Please note: This syllabus and course calendar are subject to change at my discretion.

COMMON COURSE SYLLABUS

Department: Kinesiology

Course No.: KINE 1116

Course Title: Cardio Kickboxing

Course Credit Hours: 1 Lecture Hours: 0 Lab Hours: 3

Prerequisites: None

Available Formats: Conventional

Campuses: Levelland, Reese

Textbook: None

Supplies: Clothing appropriate for a variety of exercises—may include t-shirts, shorts, and/or sweats. No blue jeans or khakis. Footwear designed for aerobic conditioning activities. Improper attire may result in the student not being permitted to participate as movement may be hindered. Bring water and a towel!

Course Specific Instructions: None

Course Description: This course is designed to improve cardiovascular endurance, develop coordination, and improve strength through a variety of kickboxing moves.

Course Purpose: The purpose of this course is to encourage students to incorporate aerobic training into their lives as a part of their overall fitness and stress management regimens.

Course Requirements: To maximize the potential to complete this course, a student should attend all class meetings and complete all outside assignments and examinations.

Course Evaluation: Please see the instructor's course information sheet for specific items used in evaluating student performance.

Attendance Policy: Whenever absences become excessive, and, in the instructor's opinion, minimum course outcomes cannot be met due to absences, the student will be withdrawn from the course. Please see the instructor's course information sheet for specific attendance policies.

Additional information:

- A. Lockers are available for the semester.
- B. Do not eat a heavy meal prior to class.
- C. No food or drinks in the classroom except water w/a lid.
- D. *No cell phones allowed!*

Student Learning Outcomes:

Each student will:

1. Learn different techniques of kickboxing exercises and strength and conditioning exercises. This objective will be measured by observation of instructor.
2. Learn to modify and adjust different exercises (i.e. intensity, impact, style) to suit one's fitness needs and abilities. This objective will be measured by worksheets and written assignments.
3. Discover a cardiovascular exercise regimen he/she enjoys and make it a regular part of a healthy lifestyle. This objective will be measured by observation of instructor and written assignments.

Academic Integrity:

Plagiarism and Cheating: Students are expected to do their own work on all projects, quizzes, assignments, examinations, and papers. Failure to comply with this policy will result in an F for the assignment and can result in an F for the course if circumstances warrant.

Plagiarism violations include, but are not limited to, the following:

1. Turning in a paper that has been purchased, borrowed, or downloaded from another student, an online term paper site, or a mail order term paper mill;
2. Cutting and pasting together information from books, articles, other papers, or online sites without providing proper documentation;
3. Using direct quotations (three or more words) from a source without showing them to be direct quotations and citing them; or
4. Missing in-text citations.

Cheating violations include, but are not limited to, the following:

1. Obtaining an examination by stealing or collusion;
2. Discovering the content of an examination before it is given;
3. Using an unauthorized source of information (notes, textbook, text messaging, internet, apps) during an examination, quiz, or homework assignment;
4. Entering an office or building to obtain unfair advantage;
5. Taking an examination for another;
6. Altering grade records;
7. Copying another's work during an examination or on a homework assignment;
8. Rewriting another student's work in Peer Editing so that the writing is no longer the original student's;
9. Taking pictures of a test, test answers, or someone else's paper.

Student Code of Conduct Policy: Any successful learning experience requires mutual respect on the part of the student and the instructor. Neither instructor nor student should be subject to others' behavior that is rude, disruptive, intimidating, aggressive, or demeaning. Student conduct that disrupts the learning process or is deemed disrespectful or threatening shall not be tolerated and may lead to disciplinary action and/or removal from class.

Course/Instructor Evaluation: You will be given the opportunity to evaluate this course and its instructor on a frequent basis. I will actively solicit your written feedback, be it positive or negative, throughout this semester, and I will use it to make needed changes regarding the course content, delivery, and evaluative procedures. You will also complete a more comprehensive evaluation at the time of the final examination.

For all SPC statements regarding disabilities, non-discrimination, etc. please click here:

<https://www.southplainscollege.edu/syllabusstatements/>