

JAMESTOWN COMMUNITY COLLEGE
State University of New York

INSTITUTIONAL COURSE SYLLABUS

Course Title: Cardio Kickboxing

Course Abbreviation and Number: PHE 1790

Credit Hour: 1

Course Type: Lecture/Lab

Course Description: Cardio kickboxing is an exercise program comprised of general conditioning exercises for body conditioning and fitness. The course will cover kickboxing moves in an aerobic setting. Students will learn to throw basic kicks and punches with proper form and technique. A warm-up, aerobic portion, drills, cool down, and stretch and relaxation are included in the class.

No requisites.

Student Learning Outcomes:

Students who demonstrate understanding can:

1. Demonstrate the basic punch and kick techniques of cardio kickboxing
2. Describe how cardio-kickboxing can be incorporated into a general fitness program
3. Create an individualized fitness routine using concepts learned in cardio kickboxing

Topics Covered:

- Introduction to basic punches, kicks, and blocks
- Components of fitness
- Types of flexibility training, strength training, and endurance training
- Proper nutrition for active lifestyle
- Introduction to different types of equipment used for training in the sport of kickboxing
- Discussion and completion of fitness testing

Information for Students

- Expectations of Students
 - [Civility Statement](#)
 - [Student Responsibility Statement](#)
 - [Academic Integrity Statement](#)
- [Accessibility Services](#)
Students who require accommodations to complete the requirements and expectations of this course because of a disability must make their accommodation requests to the Accessibility Services Coordinator.
- [Get Help: JCC & Community Resources](#)
- [Emergency Closing Procedures](#)
- Course grade is determined by the instructor based on a combination of factors, including but not limited to, homework, quizzes, exams, projects, and participation. Final course grade can be translated into a grade point value according to the following:

A=4.0	B+=3.5	B=3	C+=2.5	C=2	D+=1.5	D=1	F=0
-------	--------	-----	--------	-----	--------	-----	-----
- Veterans and active duty military personnel with special circumstances (e.g., upcoming deployments, drill requirements, VA appointments) are welcome and encouraged to communicate these to the instructor.

Effective Date: Fall 2022