

# Course Syllabus

<b>Department</b>	:	Physical Education
<b>Course Title</b>	:	Cardio Kickboxing
<b>Section Name</b>	:	PHED_2100_HY <b>Day:</b> MWF <b>Time:</b> 12:00 – 12:50pm
<b>Start Date</b>	:	01/17/2012
<b>End Date</b>	:	12/09/2012
<b>Modality</b>	:	Hybrid
<b>Credits</b>	:	1

## Instructor Information

<b>Name</b>	:	Karin Carlson
<b>OC Email</b>	:	kcarlson@od essa.edu
<b>OC Phone #</b>	:	(432) 335-6563
<b>Office</b>	:	201-B, OC Sports Center

## Course Description

This course combines boxing and martial arts techniques into an exhilarating form of cardiorespiratory, muscular strength, and muscular endurance training. Additionally, the course will focus on improving flexibility. Lab Fee Required.

## Prerequisites/Corequisites

None.

## Scans

2,3,5,6,7,9,10,11

## Course Objectives

**LEARNING OUTCOMES (competencies) and methods of Evaluation used to determine the students achieved the outcome (competencies):**

**Learning Outcome 1:** Students will develop an understanding of the health related components of physical

fitness: cardio-respiratory endurance, muscular strength, muscular endurance, flexibility, body composition. And the effect that activities such as cardio kickboxing as a form of exercise may have on those components of physical fitness.

**Performance Objectives / Method(s) of measurement for each objective:**

1. The students will participate in physical fitness evaluations to assess fitness levels in cardio-respiratory by way of the 12-minute walk/jog, 1 mile walk/run tests, or other various testing methods. (5,7,10,11)
2. Students will participate in muscular strength and endurance testing by way of timed push-ups and sit-up tests, or other various testing methods. (5,7,10,11)
3. Students will participate in flexibility testing by way of the sit-and-reach tests, shoulder flexion test, or other various testing methods. (5,7,10,11)
4. Standardized norms will be compared to students' performance. (5,7,10,11)

**Learning Outcome 2:** The students will learn and describe how much exercise is recommended for developing and maintaining health and fitness based upon the principles of frequency, duration, intensity, and mode established by the American College of Sports Medicine, Surgeon General's Report, text, or other resources provided.

**Performance Objectives / Method(s) of measurement for each objective:**

1. Students will take written examinations. (2,3,6,9,10)
2. Students will participate in physical fitness tests to determine current fitness level and concluding fitness level. (5,7,10,11)

**Learning Outcome 3:** The students will learn and physically execute performance skills of cardio kickboxing.

**Performance Objectives / Method(s) of measurement for each objective:**

1. Each student will participate in a skills acquisition test; measured subjectively. (5,7,10,11)

**Learning Outcome 4:** Students will become skilled at the basic concepts of nutrition and will be challenged to develop a good nutritional plan that consists of a variety of foods from the revised USDA 2005 Food Guide Pyramid.

**Performance Objectives / Method(s) of measurement for each objective:**

1. Students will take written examinations. (2,3,6,9,10)
2. Students will evaluate body fat composition several times during the semester. (2,3,6,9,10)
3. Students will participate in three-day food analysis. (2,3,6,9,10)

**Learning Outcome 5:** The student will learn the benefits and importance of living healthy lifestyles; to assume responsibility for factors that are under our control (e.g. smoking, inactivity) to help reduce risk of developing chronic diseases.

## Performance Objectives / Method(s) of measurement for each objective:

1. Students will evaluate body fat composition using various methods (e.g. Skin fold measurements, Bio-electric impedance analysis). (2,3,6,9,10)
2. Students will submit written assignments.(5,10)
3. Students will take written examinations. (2,3,6,9,10)

## CLASS ATTENDANCE POLICY

This is a hybrid course which means you will attend class at the scheduled time for the activity and weekly quizzes/assignments will be completed/submitted OC's BlackBoard platform. Thus, you should use self-discipline to be efficient with this class, pay attention to the calendar, and take notes over the material.

**It is important that you attend every exercise class, log-on to the course and check your OC student email every week - it is expected. You will receive an absence for each week that you do not access the course online.** You should expect that each absence will adversely affect your course grade. The only excused absences that I will accept are college-sponsored activities and medical emergencies (must show proof). It is your responsibility to complete assignments by the scheduled date.

<u>days/week class meets</u>	<u># if unexcused absences allowed</u>	<u>letter grade deduction for every</u>
3	3	4th absence

It is your responsibility to contact the instructor before class begins. Leaving class early is an extreme annoyance to the entire class. Anyone leaving class early without the instructor's permission will be counted absent for the entire class.

Being late for class is an extreme annoyance to the entire class. Be on time! Each day that you are tardy, your final grade will be **deducted ½ point for each class that you are tardy.**

## ATTIRE

You are expected to wear proper activity attire to each class. Supportive athletic shoes are RECOMMENDED but not required. If appropriate clothing is not worn, the student will be asked to leave and will not receive participation points.

## LOCKERS:

Sports Center lockers may be rented at the front desk. Cubical lockers—free for credit students.

## COURSE UPDATES

*The student is responsible for checking the syllabus online <http://www.odessa.edu/syllabi/>.*

**Current Odessa College ID is required to enter the sports center.**

## ODESSA COLLEGE LINKS

PHYSICAL & HEALTH EDUCATION DEPARTMENT: <http://www.odessa.edu/dept/phed/>

ODESSA COLLEGE:

<http://www.odessa.edu/>

STUDENT SUCCESS CENTER:

<http://www.odessa.edu/dept/ssc/>

## Required Readings/Materials

a) You must purchase the following required readings/materials: None

b) You are encouraged to buy the following optional books/materials: NONE

## Course Requirements (Lectures, Assignments and Assessments)

**Assessments**                      **50 points (15 - Pre; 35 - Post)**

**Quizzes**                              **100 points**

**Assignments**                      **60 points (Water Evaluation - 20; Nutrition – 20; Other - 20)**

**Final Exam**                        **100 points**

**ASSESSMENTS:** The purpose of the pre- and post-assessments is to measure physical improvement.

**QUIZZES:** All quizzes will cover the material from lectures, notes, and assignments available and completed in BlackBoard.

**ASSIGNMENTS:** Material is presented primarily from readings assignments and worksheets. All assignments posted in the course are expected to be completed in Word document format and submitted in the assignment as an attachment. **Do not email assignments and exercise logs to my email address. All assignments must be submitted in BlackBoard.** This will allow for the student and instructor to see if the assignment was posted and for viewing of instructor comments.

**FINAL EXAM:** The final exam will cover 75% of the course objectives and 25% other material covered during the semester.

**CARDIO KICKBOXING:** We will meet as a class MWF 12-12:50am for the Cardio Kickboxing activity component of the course. A kickboxing instructor will be teaching this component. I will be in attendance also. You are required to check in with me before class begins.

## Topic Overview:

## Summary of Assignments & Activities

<b>Item (Name)</b>	<b>Type</b>	<b>Description</b>	<b>Due *Tentative</b>
<b>Week 1</b>	Assessment Activity	Introduction to Course Pre-Assessments Cardio Kickboxing	1/20/2012
<b>Week 2</b>	Activity Discussion	Cardio Kickboxing Warm-up & Cool-down	1/27/2012
<b>Week 3</b>	Activity Discussion Assignment	Cardio Kickboxing Fundamentals of Kickboxing <b>Fluid Evaluation Begin – due in 2 weeks</b>	2/3/2012
<b>Week 4</b>	Activity	Cardio Kickboxing	2/10/2012
<b>Week 5</b>	Activity Discussion	Cardio Kickboxing Fitness Benefits & Target Heart Rate <b>Fluid Evaluation Due</b>	2/17/2012
<b>Week 6</b>	Assignment Activity	<b>Nutrition Assignment Begin</b> Cardio Kickboxing	2/24/2012
<b>Week 7</b>	Activity Discussion	Cardio Kickboxing Nutrition <b>Nutrition Assignment Due</b>	3/2/2012
<b>Week 8</b>	Activity Discussion	Cardio Kickboxing Program design	3/9/012
<b>Week 9</b>		SPRING BREAK!!!	3/16/2012
<b>Week 10</b>	Activity	Cardio Kickboxing	3/23/2012
<b>Week 11</b>	Activity Discussion	Cardio Kickboxing Exercises and Muscles	3/30/2012
<b>Week 12</b>	Activity Discussion	Cardio Kickboxing Cardio Kickboxing Fitness	4/6/2012
<b>Week 13</b>	Activity	Cardio Kickboxing	4/13/2012
<b>Week 14</b>	Activity	Cardio Kickboxing	4/20/2012
<b>Week 15</b>	Activity	Cardio Kickboxing	4/27/2012

<b>Week 16</b>	Assessment Activity	Post-Assessments Cardio Kickboxing	5/4/2012
<b>FINAL EXAMS WEEK</b>	Test	Final Exam will be completed on BlackBoard	5/9/2012

Grade	Points	Percentage %
<b>A</b>	<b>279 - 310 points</b>	(90-100%)
<b>B</b>	<b>248 - 278 points</b>	(80-89%)
<b>C</b>	<b>217 - 247 points</b>	(70-79%)
<b>D</b>	<b>186 - 216 points</b>	(60-69%)
<b>F</b>	<b>185 or less points</b>	Below 60%

**Grading Policy** Throughout a combination of physical activity, physical assessments, assignments and the final exam, your ability to meet the course objectives will be evaluated.

**Special Needs** Odessa College complies with Section 504 of the Vocational Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. If you have any special needs or issues pertaining to your access to and participation in this or any other class at Odessa College, please feel free to contact me to discuss your concerns. You may also call the Office of Disability services at 432-335-6861 to request assistance and accommodations.

**Learning Resource Center (Library)** The Library, known as the [Learning Resources Center](#), provides research assistance via the [LRC's catalog \(print books, videos, e-books\)](#) and [databases \(journal and magazine articles\)](#). [Research guides](#) covering specific subject areas, [tutorials](#), and the ["Ask a Librarian"](#) service provide additional help.

**Student E-mail** Please access your [Odessa College Student E-mail](#), by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>. **All assignments or correspondence will be submitted using your Odessa College email.**

**Student Portal** Please access your [Odessa College Student E-mail](#), by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>. **All assignments or correspondence will be submitted using your Odessa College email.**

**Technical Support** For Blackboard username and password help and for help accessing your online course availability and student email account contact the Student Success Center at 432-335-6878 or online at [https://www.odessa.edu/dept/ssc/helpdesk\\_form.htm](https://www.odessa.edu/dept/ssc/helpdesk_form.htm).

**Important School Policies** For information regarding student support services, academic dishonesty, disciplinary actions, special accommodations, or student's and instructors' right to academic freedom can be found in the [Odessa College Student Handbook](#).