

Las Positas College
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Course Outline for KIN BX1

BOX AEROBICS 1

Effective: Spring 2019

I. CATALOG DESCRIPTION:

KIN BX1 — BOX AEROBICS 1 — 0.50 - 2.00 units

Course is designed to give the student an opportunity to experience a combination of martial arts and aerobic exercise for the benefit of physical fitness. Exercises will include jumping rope, push-ups, abdominal work, cardiovascular exercise, strength training and toning exercises, box aerobics drills and stretching.

0.50 - 2.00 Units Lab

Grading Methods:

Letter or P/NP

Discipline:

- Physical Education

	<u>MIN</u>	<u>MAX</u>
Lab Hours:	27.00	108.00
Total Hours:	27.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

Upon completion of this course, the student should be able to:

- Identify the components of fitness and their importance to a healthy lifestyle
- Identify the benefits of exercise and its importance to a healthy lifestyle
- Demonstrate safe and effective class format
- Improve cardiovascular strength, muscular endurance, flexibility, and body composition measurements
- Measure exercise intensity through target heart rate and rate of perceived exertion
- Perform safe and efficient boxing technique

V. CONTENT:

- Components of Fitness and their importance to a healthy lifestyle
 - Cardiovascular Endurance
 - Muscular strength and endurance
 - Flexibility
 - Body Composition
- Benefits of Exercise and its importance to a healthy lifestyle
 - Benefits of Cardiovascular Endurance
 - Benefits of Muscular strength and endurance
 - Benefits of Flexibility
 - Benefits of a healthy body composition
 - Ideal Frequency, Intensity and Time of each component
- Safe and effective class format
 - Proper warm up and cool down
 - Maintain target heart rate zone and individual pacing of effort level
 - Flexibility exercises performed after initial warm up and at end of class
 - Circuit training and interval training principles
- Proper Boxing technique
 - Stance; front, side
 - Punches; jab, cross, hook, uppercut
 - Knees and kicks; front, side, back, roundhouse
 - Elbows; front, side, overhead
- Regular Workouts incorporating all the components of fitness
 - Warm up and stretching exercises
 - Cardiovascular segment lasting at least 20 minutes
 - Muscular Strength and Endurance exercises
 - Cool Down and stretching techniques

VI. METHODS OF INSTRUCTION:

- Lecture** - Lecture and Verbal explanation

- B. **Classroom Activity** - Individual, small group and entire class drills and activities
- C. **Demonstration** - Visual and Physical Demonstration

VII. TYPICAL ASSIGNMENTS:

- A. Calculate Ten Second Target Heart Rate Zone
 - 1. Students are given a handout with a formula to calculate a ten second target heart rate zone after finding their resting heart rate.
- B. Students perform a series of push-ups with the class
 - 1. Up and down in count of 1
 - 2. Up in count of 2, down in count of 2
 - 3. Up in count of 1, down in count of 3

VIII. EVALUATION:

Methods/Frequency

- A. Exams/Tests
 - 1-3
- B. Class Participation
 - DAILY
- C. Other
 - 1. Student's leadership performance during classtime

IX. TYPICAL TEXTS:

- 1. Bushman, Barbara. *ACSM's Complete Guide to Fitness and Health*. 2nd ed., Human Kinetics, 2017.
- 2. Rochford, Tim. *Martial Fitness Kickboxing Print CE Course-Updated Version* . Updated ed., Human Kinetics, 2017.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Please bring own towel, water, and exercise clothes