

Las Positas College
3000 Campus Hill Drive
Livermore, CA 94551-7650
(925) 424-1000
(925) 443-0742 (Fax)

Course Outline for KIN BX

BOX AEROBICS

Effective: Spring 2008

I. CATALOG DESCRIPTION:

KIN BX — BOX AEROBICS — 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:

Discipline:

	<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: 4

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

- A. Understand the components of fitness and their importance to a healthy lifestyle;
- B. Understand the benefits of exercise and its importance to a healthy lifestyle;
- C. Attend and participate at the scheduled class time;
- D. Understand safe and effective class format;
- E. Improve cardiovascular strength, muscular endurance, flexibility and body composition measurements;
- F. Understand how to measure exercise intensity through target heart rate and rate of perceived exertion
- G. Demonstrate and perform safe and efficient boxing technique
- H. Participate in class group discussions and presentations regarding healthy lifestyle behavior

V. CONTENT:

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

VI. METHODS OF INSTRUCTION:

- A. Lecture and Verbal explanation
- B. Visual and Physical Demonstration
- C. Handouts
- D. Individual, small group and entire class drills and activities
- E. Class Discussions
- F. Practice of technique with student participation

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:

A. **Methods**

- 1. Class Participation
- 2. Class Performance
- 3. Other:
 - a. Methods
 - 1. Student participation
 - a. Effort demonstrated
 - b. Participation is evaluated daily
 - 2. Performance of proper technique
 - a. proper placement of hands during punches
 - b. proper alignment of knees and feet during kicks

B. **Frequency**

- 1. Frequency
 - a. Daily evaluation of student's progress/participation by instructor

IX. TYPICAL TEXTS:

- 1. Handouts are presented throughout the course.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students will have to provide their own clothing, foot apparel and towel for class participation
- B. Optional equipment including hand wraps, gloves and punching mitts will be used if desired by student.