

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

Course Outline for KIN BX3

BOX AEROBICS 3

Effective: Fall 2020

I. CATALOG DESCRIPTION:

KIN BX3 — BOX AEROBICS 3 — 0.50 - 2.00 units

Advanced combinations of traditional martial arts kicks, Olympic sport Tae kwon do footwork, applied with modern boxing increases agility and flexibility; building on the foundations of balance and strength from KIN BX2. Students practice an understanding of proper Martial Arts etiquette and demonstrate the traditional philosophies employed in martial arts traditional Korean Terminology is practiced in class Focusing on the mind, body, and spirit.

0.50 - 2.00 Units Lab

Strongly Recommended

KIN BX2 - Box Aerobics 2
with a minimum grade of C

Grading Methods:

Letter or P/NP

Discipline:

- Physical Education

Family:

	MIN	MAX
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:

Before entering this course, it is strongly recommended that the student should be able to:

A. KINBX2

1. Demonstrate proper Martial Arts Etiquette, traditional philosophies employed in martial arts and apply Korean terminology for techniques.
2. Apply Safe and Effective class Format including stretching, warm-up, breathing, and cool-down techniques
3. Utilize target heart rate and rate of perceived exertion to measure exercise intensity.
4. Identify intermediate level body conditioning exercises.
5. Display proficiency of techniques and movements ie) kicks, punches, blocks, and stances.
6. Correctly perform intermediate level Body Motions #1, #2, and #3.

IV. MEASURABLE OBJECTIVES:

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

- A. Demonstrate proper Martial Arts Etiquette and demonstrate the traditional philosophies employed in martial arts
- B. Improve cardiovascular strength, muscular endurance, flexibility and body composition measurements
- C. Identify the Components of Fitness and the benefits of exercise
- D. Apply Safe and Effective class Format including stretching, warm-up, breathing, and cool-down techniques
- E. Measure and maintain (target at least 20 min) exercise intensity through target heart rate and rate of perceived exertion
- F. Participate in class group discussions and presentations regarding healthy lifestyle behavior
- G. Utilize Korean terminology for techniques used in class
- H. Identify Advanced level body conditioning exercises
 - I. Demonstrate proficiency of techniques and movements
- J. Perform Advanced level Body Motions #1 - #3
- K. Perform the kicks, punches, blocks, and stances used in box Aerobics 3
- L. Identify all Advanced Level blocking techniques
- M. Describe all Advanced level Hand Techniques
- N. Distinguish between Advanced level Kick Techniques

V. CONTENT:

- A. Practice proper Martial Arts Etiquette and demonstrate the traditional philosophies employed in martial arts
- B. Demonstrate Korean terminology for techniques used in class: Hello, Thanks, Punch, front kick, side kick, back kick, hook kick, axe

- kick, roundhouse kick
- C. Participate in class group discussions and presentations regarding healthy lifestyle behavior
- D. Practice safe and effective class format
 - 1. Proper stretching techniques for martial arts movements
 - 2. Proper Warm-up Techniques for martial arts movements
 - 3. Proper breathing techniques when executing movements
 - 4. Proper cool-down techniques to prevent injury
 - 5. Maintain target heart rate zone and individual pacing of effort level
 - 6. Flexibility exercises performed after initial warm up and at end of class
 - 7. Circuit training and interval training principles
- E. Demonstrate proficiency of:
 - 1. Advanced martial arts techniques shown and demonstrated properly for maximum efficiency of workout
 - a. Stance; front, side, horse, monkey, lunge, back, Sparring
 - 2. Advanced level hand techniques
 - a. Jab+ Cross+ Cross, Jab+ Jab+ Cross+ Cross+upper Knee kick
 - b. Hook, Upper punch Jab+ Cross+ Cross+ hook
 - c. Elbow, Back fist
 - 3. Advanced level foot techniques
 - a. Jump Front kick
 - b. Knee kick
 - c. Balance kick
 - d. Hook kick
 - e. Round house kick
 - 4. Advanced level Blocking techniques
 - a. Shin
 - b. Elbow
 - c. Shin+ Shin
 - d. 10 combination blocks
 - 5. Advanced level Body Motion 1 (Forward and Back movements)
 - a. Jab+Jab+Jab+Cross punch
 - b. Jab+Jab+Jab+Hook punch
 - c. Jab+Jab+Jab+Upper punch
 - d. 4 times front kick+ 4 times side kick+ 4 times back kick
 - e. 4 times hook kick+ 4 times touch
 - f. None stop front kicks
 - 6. Advanced level Body Motion 2 (Side to side movements)
 - a. Three times Jab +Cross punch+duck+duck+side+side then turn around
 - b. 4x side skipping+ leg cross 2 times+front kick+back kick+ touch+touch 4 times move side+front kick
 - 7. Advanced level body motion 3 (combinations/challenge)
 - a. Combination punch with 4 directional
 - b. 3 times jab(front,side,front)+cross+knee kick+front kick+back kick
 - c. Jumping jacks+ punch with circle
 - d. Knee kick+front kick+ punch with bouncing
 - e. Knee+front kick+ Side kick+ sliding side kick+turn back kick
- F. Maintain target heart rate for 30 min

VI. METHODS OF INSTRUCTION:

- A. **Classroom Activity** - Individual, small group and entire class drills and activities
- B. **Discussion** - Class Discussions
- C. **Clinical** - Practice of technique with student participation
- D. **Lecture** - Lecture and Verbal explanation
- E. **Demonstration** - Visual and Physical Demonstration
- F. **Written exercises and case studies** - Handouts

VII. TYPICAL ASSIGNMENTS:

- A. Maintain target heart rate for 30 min
- 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
- C. Students perform a series of front kick with the class
 - 1. Kicking stance
 - 2. Knee up
 - 3. Kick
 - 4. Snap back
 - 5. Put down
- D. Explain how to perform movements verbally

VIII. EVALUATION:

Methods/Frequency

- A. Exams/Tests
 - 2 times per semester
- B. Papers
 - 1 time per semester
- C. Oral Presentation
 - 1 time per semester
- D. Class Participation
 - 2 days per week
- E. Class Performance
 - 2 days per week
- F. Final Performance
 - 1 time per semester

IX. TYPICAL TEXTS:

- 1. Bishop, J.G. (2014). *Fitness through Aerobics* (9th ed.). San Francisco, California: Pearson Education.
- 2. Delavier, F., & Gundill, M. (2013). *Delavier's Mixed Martial Arts Anatomy* (1st ed.). Champaign, Illinois: Human Kinetics.
- 3. Yeon, P.H. (2013). *Black Belt TaeKwonDo: The Ultimate Reference Guide to the World's Most Popular Black Belt Martial Art* (1st ed.). New York, New York: Skyhorse Publishing.

4. Franco, S. (2018). *Speed Boxing Workout Secrets A 21-Day Program to Hitting Faster & Reacting Quicker in Boxing and MMA* (1st ed.). Gaithersburg, MD: Contemporary Fighting Arts.
5. Handouts are presented throughout the course.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Please provide your own water, towel, and exercise clothes