

## Course Outline for KIN BX

### BOX AEROBICS

Effective: Spring 2014

#### 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:

Letter or P/NP

#### Discipline:

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

1. Identify the components of fitness and their importance to a healthy lifestyle
2. Identify the benefits of exercise and its importance to a healthy lifestyle
3. Demonstrate safe and effective class format
4. Improve cardiovascular strength, muscular endurance, flexibility, and body composition measurements.
5. Demonstrate how to measure exercise intensity through target heart rate and rate of perceived exertion
6. Demonstrate and perform safe and efficient boxing technique
7. Participate in class group discussions and presentations regarding healthy lifestyle behavior

#### V. CONTENT:

Components of Fitness and their importance to a healthy lifestyle

1. Cardiovascular Endurance
2. Muscular strength and endurance
3. Flexibility
4. Body Composition

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

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

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

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 techniques

#### VI. METHODS OF INSTRUCTION:

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

Set 1. up and down in count of 1

Set 2. up in count of 2, down in count of 2

Set 3. up in count of 1, down in count of 3.

#### VIII. EVALUATION:

##### A. **Methods**

1. Exams/Tests
2. Oral Presentation
3. Class Participation
4. Final Performance

##### B. **Frequency**

A. Daily evaluation of student's progress/participation by instructor

B. Target Heart Rate Calculator

Determine Target Heart Rate for age and activity level, enabling you to use a heart rate monitor and enhance workouts.

Website:

<http://www.active.com/fitness/calculators/hearttrate>

#### IX. TYPICAL TEXTS:

1. B. Bushman, B., B. *ACSM's Complete Guide to Fitness and Health*. 2011 ed., Human Kinetics, 2011.
2. N. Link, L. Chou *The Anatomy of Martial Arts: An Illustrated Guide to the Muscles Used for Each Strike, Kick, and Throw*. 1st ed., Ulysses Press, 2011.

#### X. OTHER MATERIALS REQUIRED OF STUDENTS:

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