

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

Course Outline for KIN BX2

BOX AEROBICS 2

Effective: Fall 2017

I. CATALOG DESCRIPTION:

KIN BX2 — BOX AEROBICS 2 — 1.00 - 2.00 units

This course is for beg/intermediate students, who have an interest in the progressive development of the martial arts. The course is designed with beginning/intermediate martial arts movements and boxing drills to improve overall health and fitness. Sport Taekwondo footwork is applied with modern boxing skills to promote progression of personal physical capabilities. A component of strength training for upper body and core will be included. Traditional Korean philosophies & terminology will be utilized in class to focus on the mind, body, and spirit relationship.

1.00 - 2.00 Units Lab

Strongly Recommended

KIN BX1 - Box Aerobics 1

Grading Methods:

Letter or P/NP

Discipline:

	MIN	MAX
Lab Hours:	54.00	108.00
Total Hours:	54.00	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. KINBX1

IV. MEASURABLE OBJECTIVES:

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

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

V. CONTENT:

- A. Review proper Martial Arts Etiquette, traditional philosophies employed in martial arts and Korean techniques terminology.
- B. Intermediate level Body Conditioning
 - 1. 200 Jumping Jacks
 - 2. 150 sit ups
 - 3. 50 push ups
 - 4. 50 squats
 - 5. 2 minute shoulder push
- C. Intermediate martial arts techniques shown and demonstrated properly
 - 1. Stance; front, side, horse
 - 2. Punches; jab, cross, hook, uppercut
 - 3. Elbows; front, side, overhead
 - 4. Kicks: jump front kick, knee kick, and balance kick
 - 5. Horse stance- Low punch, Body punch, Face punch
- D. Intermediate level Body Motion 1 (Forward and Back movements)
 - 1. Jab+Jab+Jab+Cross punch
 - 2. Jab+Jab+Jab+Hook punch

3. Jab+Jab+Jab+Upper punch
4. 4 x front kick+ 4 x back kick
5. 3 x front kick+ Jump Front kick

E. Intermediate level Body Motion 2 (Side to side movements)

1. 3 x Jab +Cross punch+duck+duck+ side+side then turn around + Hook, Upper
2. 4 x move side+front kick
3. front kick+back kick

F. Intermediate level Body Motion 3

1. 3 times jab+cross+knee kick+back kick
2. Jumping jacks+ punch with circle
3. knee kick with bouncing, Knee+front kick+ Side kick+ punch, punch
4. 4x side skipping+ leg cross 2 x+ front kick+back kick
5. 4 x front kick+ 4x side kick+ 4x back kick+ 4 x hook kick+ 2 x touching

VI. METHODS OF INSTRUCTION:

- A. Individual, small group and entire class drills and activities
- B. **Observation and Demonstration** -
- C. **Discussion** -
- D. **Lecture** -

VII. TYPICAL ASSIGNMENTS:

- A. Maintain target Heart rate between (averaging)150-180 bpm for at least 10 min
- B. Students perform a series of push-ups
 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 kicks
 1. kicking stance
 2. knee up
 3. kick
 4. snap back
 5. put down

VIII. EVALUATION:

A. **Methods**

1. Exams/Tests
2. Class Participation
3. Class Performance
4. Other:
 - Student participation
 - a. Effort demonstrated
 - b. Active participation daily
 - Performance of proper technique
 - a. Proper placement of hands during punches
 - b. Proper alignment of knees and feet during kicks
 - Developing a positive attitude

B. **Frequency**

1. Daily attendance and active participation will be noted by instructor
2. Daily evaluation of student's progress

IX. TYPICAL TEXTS:

1. Bushman, B.. *ACSM'S Complete Guide to Fitness and Health*. 2011 ed., Human Kinetics, 2011.
2. Link, N.. *The Anatomy of Martial Arts: An Illustrated Guide*. First ed., Ulysses Press, 2011.
3. Moenig, Udo. *Taekwondo: From a Martial Art to a Martial Sport*. First ed., Routledge, 2015.
4. Bishop, Jan Galen. *Fitness through Aerobics*. 9th ed., Pearson Education, 2014.
5. Landow, Loren. *Ultimate Conditioning for Martial Arts*. 1 ed., Human Kinetics, 2016.
6. Handouts are presented throughout the course.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students have to provide own clothing, foot apparel and towel for class participation