

WAYNE STATE UNIVERSITY
COLLEGE OF EDUCATION

DIVISION: Kinesiology, Health and Sport Studies (KHS)

PROGRAM AREA: Lifestyle Fitness Activities (LFA)

LFA WEB SITE: www.kinesiology.wayne.edu (click Lifestyle Fitness Activities)

COURSE: **LFA 1220 -- Cardio-fit Kickboxing**
CRN 21811 – Section 004

COURSE CREDIT: 02 Credit Hours

TERM/YEAR: **Winter 2012**

COURSE LOCATION: 109 Matthaei Building

TIME: **8:30 a.m. - 9:25 a.m. T/TH**

INSTRUCTOR: **Maureen Bokatzian** ac1500@wayne.edu or mbokatzian@yahoo.com

OFFICE HOURS: Before and after class

TELEPHONE: (313) 577-4249 (Leave messages)

COURSE DESCRIPTION: A time-efficient workout that stimulates the cardio respiratory and musculoskeletal systems. It offers structured routines for all fitness levels (basic, intermediate, advanced). Utilizes basic kickboxing techniques.

COURSE OUTCOMES: Upon completion of this course, the student will be able to:

1. Understand and practice proper body alignment and kick boxing technique.
2. Monitor one's heart rate.
3. Increase cardiovascular capacity.
4. Increase muscular strength, endurance and power.
5. Increase balance and coordination.
6. Properly utilize stretching and flexibility training.
7. Practice through repetition: Punches, kicks, basic footwork and combinations.

TEXT: No Text Book Required. Handouts will be provided along with class lecture.

ASSIGNMENTS: **Quizzes** -- There will be **two** quizzes
TOTAL POINTS = 15 for each quiz, possible extra credit points available.

EVALUATION:

The students' final grades will be determined according to the following criteria:

1. **Total points from 2 quiz = 30 + 112 pts for attendance = 142 total points**
2. **Attendance and Participation -- MOST IMPORTANT!!** Regular attendance and participation is necessary in order to improve aerobic fitness. 2 points will be deducted for leaving class without permission.
 - a. **Four** points will be earned for each class the student attends and participates.
 - b. **Three** points will be earned for each class the student is late **or leaves early** and participates.
 - c. **Two** points will be earned for each class the student attends but does **NOT** participate
 - d. **Zero** points will be earned when the student is absent from class -- **NO EXCEPTIONS!!**

This point system begins the first day of class Tuesday, Jan.10, 2012

ATTENDANCE:

One of the reasons for this strict attendance policy reflects the fact that classes of this type are largely participatory -- the outcomes are essentially equivalent to the process. Given the nature of the subjects, successful completion of activity courses of this kind requires regular attendance and full participation.

GRADING:

A	= 133 - 142 points	(94 - 100%)
A-	= 129 - 132 points	(91 - 93%)
B+	= 123 - 128 points	(87 - 90%)
B	= 119 - 122 points	(84 - 86%)
B-	= 115 - 118 points	(81 - 83%)
C+	= 109 - 114 points	(77 - 80%)
C	= 105 - 108 points	(74 - 76%)
C-	= 101 - 104 points	(71 - 73%)
D+	= 95 - 100 points	(67 - 70%)
D	= 91 - 94 points	(64 - 66%)
D-	= 87 - 90 points	(61 - 63%)
F	= <86 points	(<61%)

WITHDRAWAL POLICY:

It is the student's responsibility to request withdrawal from class. After the fifth week students may make their request on Pipeline, and their instructor will need to approve it. **FINAL DATE FOR STUDENTS TO INITIATE WITHDRAWAL IS Saturday, March 24, 2012.**

There are three options:

WP - Withdrawal with a passing grade earned to date.

WF - Withdrawal with a failing grade earned to date

WN - Withdrawal never attended or no graded work to date.

MEDICAL WITHDRAWAL:

A student who sustains, during the course of the semester, an injury or illness that prevents him/her from further participation in this class may apply for a "(partial) medical withdrawal" and *may* receive complete or partial reimbursement of tuition paid for this class. A physician's statement is required. Forms to use to apply for "medical withdrawal" may be obtained from the Registrar, or from www.wayne.edu (type in "forms and instructions" in the search box).

RELIGIOUS OBSERVANCE POLICY:

Because of the extraordinary variety affiliations represented in the university student body and staff, the Wayne State University calendar makes no provision for religious holidays. It is university policy, however, to respect the faith and religious obligations of the individual. Students who find that their classes or examinations involve conflicts with their religious observances are expected to notify their instructors well in advance so that alternative arrangements as suitable as possible may be worked out.

In the LFA program, each class allows for a certain number of make-up classes. Since attendance and participation are a substantial part of the evaluation, students will have to take this into account with the total number of make-ups allowed for that particular LFA class.

STUDENTS WITH DISABILITIES:

Wayne State University is committed to providing students with disabilities an equal opportunity to benefit from its programs, services, and activities. All printed materials are available in alternative formats. Please request alternative format materials from the instructor of the course. If the limitations imposed by your disability interfere with your ability to fulfill the requirements for the successful completion of this course, you are strongly encouraged to contact Student Disability Services (SDS) in room 5155 Gullen Mall/1600 UGL to request an accommodation. Website:

www.studentdisability.wayne.edu

SDS Telephone Numbers: VOICE 313-577-1851 or
TDD 313-577-3365.

LFA ADD POLICY:

The university permits students to add (provided the classes are not filled) and drop classes the **first** week of the semester without instructor or departmental signatures. The KHS division will permit students to enroll in the LFA courses through the **second** week of the semester with the permission and signature of the instructor as well as completion of the Registrar's form titled **Add/Drop Class After Deadline Date**. Overrides will be made through the KHS division office, room 265 Matthaei, once the official form has been completed. **There will be no students admitted to LFA classes AFTER the second week of the semester!! Deadline—Monday, January 23rd 2012**

INFORMED CONSENT:

Each student is informed that: "Participation in physical activity classes includes the risk of trauma and/or injury. The university is NOT responsible for accident or illness which results from participation in class and requires that no student be allowed to participate in an activity before signing the Statement of Informed Consent and Release of Claims form.

CLASS POLICIES:

1. A **maximum** of **three** make-ups will be allowed during the semester. Students are also allowed to participate in 1 extra class within our LFA schedule of classes free, to insure that you're working out 3 days a week. **Sculpt, Stretch & Tone, Weight Training and Zumba** are the formats you're allowed to use for make-ups. Students may also attend classes with in those formats at the fitness center on campus. *When doing a make-up, it will be the instructor's prerogative (either in LFA classes or at The Fitness Center) whether there is enough room or equipment available to allow make-ups on any certain day. There will be NO make-ups allowed the last week of the semester. These CANNOT be made up in another registered LFA class.*
2. Clothing -- T-shirts, shorts, leotards, tights, spandex pants, etc. are recommended. Clothing should not restrict muscle movement. Good **Aerobic/Cross Trainer** shoes are **VERY** important. They should meet the basic criteria for stability, shock absorption and flexibility.
3. There will be **NO** grades of "Incomplete" given.

4. **Locker Rental:** Visit Tartar Shop for information

NOTE: Students may use lockers with their own locks, but locks **must** be removed after use each day.
5. Eating & gum chewing are prohibited during class!
6. Cell phones **MUST** be turned off during class; whether you are participating or sitting out!
7. **Door Check Policy:** For security reasons, students are expected to show their OneCard (and possible back-up) upon entering the Matthaehi Building.
8. Students are responsible to check **Blackboard** on a regular basis.
9. Each student is informed that: "Participation in physical activity classes includes the risk of trauma and/or injury" and must sign a "Statement of Informed Consent and Release of Claims" form before participation in activity.
10. Please feel free to talk with me any time during the semester regarding your progress or any problems you may be encountering pertaining to the class.
Have Fun
CLASS SCHEDULE:

DAY	DATE	TOPIC
T	01/10	Review Course Outline
TH	01/12	Student Routine
T	01/17	Student Routine
TH	01/19	Student Routine
T	01/24	Student Routine
TH	01/26	Student Routine
T	01/31	Student Routine
TH	02/02	Student Routine
T	02/07	Student Routine
TH	02/09	Student Routine
T	02/14	Student Routine
TH	02/16	Student Routine, Quiz Review
T	02/21	QUIZ #1
TH	02/23	Student Routine
T	02/28	Student Routine
TH	03/01	Student Routine
T	03/06	Student Routine
TH	03/08	Student Routine
T	03/13	Spring Break
TH	03/15	Spring Break
T	03/20	Student Routine
TH	03/22	Student Routine
T	03/27	Student Routine
TH	03/29	Student Routine
T	04/03	Student Routine, Quiz Review
TH	04/05	QUIZ #2
T	04/10	Student Routine
TH	04/12	Student Routine
T	04/17	Student Routine
TH	04/19	Last Day Of Class

