

NorthWest Arkansas Community College
Physical Education

PEAC 1041 AEROBIC KICKBOXING

Catalog description:

Aerobic Kickboxing is an exciting, new, effective exercise for persons with varying degrees of conditioning. The class format includes a warm up, stretching, instruction on proper techniques involved in kickboxing, and an invigorating aerobic segment. Also included is a segment on technique using gloves and heavy kickboxing bags. The class concludes with a cool down and stretching.

Prerequisite:

None

Credit hours/contact hours/load hours:

1/1/1

Target Audience & Transfer:

Designed for students seeking an Associate of Arts degree and as one of the two-hour requirement options in various programs. This class may transfer to the University of Arkansas as a physical education activity elective in some colleges. Students may need to petition.

General Course Outcomes:

Students completing this course will be able to:

1. Demonstrate physical fitness by exercising aerobically for 20 to 30 minutes.
2. Demonstrate proper boxing techniques and improve overall strength by practicing technique on the heavy bags.
3. Increase flexibility by performing specific stretches to their fullest range of motion.
4. Recognize and understand the benefits of regular aerobic exercise.

Required Text:

None

Topics:

1. Introduction and discussion of course requirements.
2. Skills to be covered:
 - A. proper footwork and hand positions
 - B. breathing techniques
 - C. front kick
 - D. side kick
 - E. round kick

- F. jumping front kick
- G. hook
- H. jab
- I. cross
- J. uppercut
- K. warm-up and cool-down instruction
- L. how to check and monitor heart rate
- M. working with partners and motivation techniques

Required Methods of Instruction:

Individual instructors may design the course in any number of ways, keeping the course objectives in mind. This is an activity class and the main objective is to encourage active lifestyle, therefore the instructor should participate, motivate, and make the class upbeat and fun. The main body of the class will consist of actual movements in kickboxing with aerobic improvement in mind.

Required Form of Assessment:

This activity course is designed to motivate students to move, therefore, attendance and participation will be the main focus of assessment. However, there will be a written final exam covering techniques and procedures and there will be essay questions which allow the students to think critically and express themselves on paper.