



MASTER COURSE OUTLINE

A. PHED 1122 Cardio Kickboxing

B. COURSE DESCRIPTION:

This course introduces the student to theory, movement, and outcomes of the skill of combining martial arts techniques with aerobic conditioning. Students will have the opportunity to test individual skills through a series of physical tests. The course introduces life-long skills for conditioning and health.

(1 Cr – 0 lect, 1 lab)

C. *Core Theme: Critical Thinking

D. RIVERLAND INSTITUTIONAL LEARNING OUTCOMES:

This course addresses the following Riverland Institutional Learning Outcome(s):

- ILO 1: critical thinking (*Core Theme Goal 2*)
- ILO 2: awareness of the larger global community (*Core Theme Goal 7 or 8*)
- ILO 3: ethical, engaged citizenship (*Core Theme Goal 9 or Goal 10*)
- ILO 4: communication and collaboration (*Discipline Goal 1 and by any learning outcome(s) involving communication or collaboration*)

E. MAJOR CONTENT AREAS:

- History and theory of cardio kickboxing
- Principles and benefits of aerobic fitness
- Kicking techniques
- Punching techniques
- Block techniques
- Stances
- Holding blocks and targets

F. GOAL TYPES, OBJECTIVES, AND OUTCOMES:

<u>GOAL</u>	<u>OBJECTIVES</u>	<u>OUTCOMES</u>
<u>*Critical Thinking</u>	Students will be able to gather factual information and apply it to a given problem in a manner that is relevant, clear, comprehensive, and conscious of possible bias in the information selected.	1. create a personal plan for developmentally appropriate use of aerobic skills.
<u>CS</u>	identify the types of kicks, punches, stances, and blocks.	1. demonstrate the types of kicks, punches, stances, and blocks. 2. maintain a daily workout sheet.

<u>CS</u>	determine target heart rate, resting heart rate, and perceived exertion rate.	<ol style="list-style-type: none"> 1. monitor heart throughout each workout by taking and recording a working heart rate and recovery heart rate. 2. chart results on a talk test. 3. maintain a daily workout sheet.
<u>CS</u>	monitor changes in body composition due to the workout routine.	<ol style="list-style-type: none"> 1. conduct body fat percentage test three times throughout the semester and record the results. 2. conduct a pre- and post-abdominal and upper body strength test.

G. SPECIAL INFORMATION:

This course may require use of the Internet, the submission of electronically prepared documents and the use of a course management software program. Students who have a disability and need accommodations should contact Accessibility Services at the beginning of the semester. This information will be made available in alternative format, such as Braille, large print, or current media, upon request.

H. COURSE CODING INFORMATION:

Course Code D/Class Maximum 30; Letter Grade

Revision date: 10/05/10; 04/02/24

AASC Approval date: 11/30/10; 04/16/24

*These five MnTC Goals have been identified as Riverland Community College Core Themes. Every course in the Riverland Community College curriculum shall meet outcomes from one of these themes.

**These five MnTC Goals have been identified as Riverland Community College Disciplines. Riverland's MnTC courses also shall meet outcomes from a Discipline Area.

NOTE: The Minnesota Transfer Curriculum "10 Goal Areas of Emphasis" are reflected in the five required discipline areas and five core themes noted in the Riverland Community College program of study guide and/or college catalog.

*Riverland Community College Core Themes	MnTC Goal Number
Critical Thinking (CT)	2
Human Diversity (HD)	7
Global Perspective (GP)	8
Ethical and Civic Responsibility (EC)	9
People and the Environment (PE)	10

**Riverland Community College Discipline Areas	MnTC Goal Number
Communication (CM)	1
Natural Sciences (NS)	3
Mathematics/Logical Reasoning (MA)	4
History and the Social & Behavioral Sciences (SS)	5
Humanities and Fine Arts (HU)	6

Riverland