

PE-1370: CARDIO KICKBOXING

Cuyahoga Community College

Viewing: PE-1370 : Cardio Kickboxing

Board of Trustees:

December 2021

Academic Term:

Fall 2022

Subject Code

PE - Physical Education

Course Number:

1370

Title:

Cardio Kickboxing

Catalog Description:

Instruction and practice in kickboxing/martial arts fitness based program. Emphasis on proper technique, safe kicks, punches, and combinations. Kickboxing movements performed to improve aerobic endurance, flexibility, balance, muscle strength and tone. Instruction and practice with kickboxing bags and gloves included.

Credit Hour(s):

1

Lab Hour(s):

2

Requisites

Prerequisite and Corequisite

None.

Outcomes

Objective(s):

1. Demonstrate knowledge of kickboxing vocabulary.
2. Explain safety concerns for individuals participating in cardio kickboxing.
3. Explain medical concerns for individuals participating in cardio kickboxing.
4. Explain contraindicated exercises utilized in cardio kickboxing.
5. Execute basic footwork, stances, punches, hand strikes, blocks, kicks, combinations, sport specific conditioning, and some of the safer traditional martial arts drills.
6. Execute proper form and techniques of kicking, punches, and hand strikes utilizing gloves and kickboxing bags.
7. Identify and perform movements beneficial to joint flexibility, muscle strength and toning, and aerobic endurance that are specific to cardio kickboxing.
8. Identify the components of physical fitness and understand how each is accomplished through cardio kickboxing.
9. Calculate training heart rate zone, and understand recovery heart rate and rating of perceived exertion.

Methods of Evaluation:

1. Attendance and participation
2. Fitness assessments
3. Internet and written assignments
4. Written exams

Course Content Outline:

1. Definition of cardio kickboxing
2. Safety concerns in cardio kickboxing
3. Medical concerns in cardio kickboxing
4. Contraindicated techniques for beginning level workout
 - a. Rear or back kicks
 - b. Jump kicks
 - c. Crescent kicks
 - d. Spinning techniques
5. Footwork and stances
 - a. Horse stance
 - b. Fighting stance
 - c. Cat stance
 - d. Dragon stance
 - e. Zen stance
 - f. Guards
 - g. Fist
 - h. Boxer's bounce
 - i. Stance switch
 - j. Pivoting with the punches
6. Punches and hand strikes
 - a. Lead jab
 - b. Cross jab
 - c. Palm heel strike
 - d. Elbow jab strike
 - e. Lead hook
 - f. Uppercut
 - g. Backfist
7. Defense and Blocks
 - a. Shin block
 - b. Duck
 - c. Single arm grab
 - d. Cross block high
 - e. Cross block low
 - f. Slips
8. Kicks
 - a. Front snap kick from rear leg
 - b. Lead leg front snap kick
 - c. Front thrust kick from rear leg
 - d. Lead leg front thrust kick
 - e. Side kick
 - f. Roundhouse kick
 - g. Knee strike with grab
9. Combinations of kickboxing moves
10. Use of kickboxing bag and gloves
 - a. Safety aspects of punches and kicks when using the kickboxing bag and gloves
 - b. Skill technique of punches and kicks when using the kickboxing bag and gloves
11. Combinations using kickboxing skills
12. Flexibility work

Resources

Wim Demeere. *The Fighter's Guide to Hard-Core Heavy Bag Training* . 2nd ed. 2018.

David Christian. *Principles of Power: Power Generation for Boxing, Kickboxing & MMA*. 2020. October 26.

Nathan DeMetz. *Kickboxing 101: A Beginner's Guide to Kickboxing For Self Defense, Fitness, and Fun*. 2020. January 4.

Resources Other

World Kickboxing Network:

https://blog.feedspot.com/kickboxing_blogs/

Kickboxing Z Kickboxing News:

<http://Kickboxingz.com>

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