



COURSE SYLLABUS

SOUTHEAST MISSOURI STATE UNIVERSITY

Department of Physical Education
Course Title: Aerobic Kickboxing

Course No. AT 125
New: Spring 2003



“The Teacher as Professional Educator”

Department Approved: January 30, 2002
College Council Approved: February 14, 2002

I. Catalog Description and Credit Hours of Course:

Introduction to the fundamentals of kickboxing. Designed to increase aerobic fitness, muscular strength, endurance and flexibility (1)

II. Prerequisite: None

III. Course Objectives:

At the end of the course, the student will be able to demonstrate:

- A. Knowledge of kickboxing as it relates to the need of overall physical fitness and contributes to overall personal wellness in today's society
- B. Knowledge of the terminology used in kickboxing and the typical components of a kickboxing session
- C. An ability to perform the various kicks and punches used in a typical kickboxing
- D. The ability to perform and combine different kicks, punches and footwork skills to produce an aerobically challenging exercise session

IV. Expectations of the Students:

The student is expected to:

- A. Regularly and actively participate in all the class activities
- B. Demonstrate the different kickboxing skills
- C. Be able to design kickboxing sequences and know the contributions of kickboxing to overall fitness and wellness

V. Course Outline:	Hours
A. Introduction and organization of the class	1
B. A step-test evaluation of cardiovascular fitness	1
C. Warm-up and cool-down rationale and methodology	2
D. Components of a kickboxing class	1
E. Individual kickboxing skills practice	18
F. Physical and psychological safeguards	1
G. Group/individual project (design of a kickboxing sequence.)	6
TOTAL	30

VI. Textbook: None

References:

Thiboutot, Frank, Sharon Rose (Editor), Tim Comrie (Photographer). January 2001.
Cardio Kickboxing Elite, YMAA Publication Center (Paperback).

VII. Basis for Student Evaluation:

Participation	60%
End of semester test	15%
Skills evaluation	15%
Group project evaluation	10%

Participation requires that the student attend class and participate in class activities. No health benefits can be derived from non-attendance. Therefore attendance is mandatory. Two unexcused absences will be allowed during the course of the semester. Unexcused absences will result in 5% being deducted from the participation grade for each additional absence in excess of two. Seven unexcused absences will result in an F grade.

Excused absences for illness or university-sanctioned events are allowed, but documentation must be supplied to the instructor. If illness or university sanctioned events results in excessive absence (in excess of seven) then the student may be required to withdraw from the class with a w grade.