



Course Description: A non-contact aerobic activity course designed to use basic kicking and punching techniques to improve overall fitness including cardio respiratory endurance, muscular strength and endurance, flexibility, and body composition. Weights, steps and calisthenic exercise may also be utilized.

Student Learning Objectives: The student will be able to demonstrate the correct techniques of kicking and punching combinations from beginning to advanced levels. The student will improve cardiovascular fitness and muscular strength through consistent and regular cardio kickboxing activities.

Additional Goals: By the end of the semester, you will also have:

- Learned appropriate cardiovascular exercise intensity targets.
- Improved your ability to sustain these vigorous exercise levels ... and to recover quickly from them.
- Understood the breakdown/recovery cycle of strength building.
- Applied it to creation and execution of a workout plan.
- Learned flexibility-enhancement exercises ... and put them to good use.
- Increased your knowledge of nutrition and become a more savvy food consumer.
- Improved your body tone and composition.
- Gained the confidence created by meaningful achievement.
- Rocked ... and had lots of fun!!

Required background: This course is designed to accommodate a wide range of fitness and experience levels. No previous experience required.

However, it is the responsibility of each participant to work at a level appropriate to his/her own skills and physical condition. Students who question their readiness or any pre-existing health conditions should consult a physician and inform the instructor prior to participation.

Textbook: None.

Workout Attire: Students must come to each class in athletic gear, ready for action:

- Athletic shorts or lightweight, flexible pants
- Sneakers or athletic shoes
- T-shirt or workout top (over sports bra, if applicable)

Dress should be tasteful and appropriate. Mission College is the launching pad for your professional career!

Participation: We will begin promptly at 5:20 and conclude at 6:45. *Timely arrival, and full participation are fundamental course expectations.*

Grading: To work towards an "A", simply provide the right answers to as many of the following questions as possible: Did you come to class ... on time? Did you improve your fitness? Did you learn enough about fitness and workout theory? Did you bring a positive spirit to class, work hard, and help make our classes fun for others?

500 Points Available	<p><i>Participation:</i> To make the most of this course, you should attend every class. For each class, if you meet <i>all</i> expectations (please see "Workout Attire" and "Participation" above and "Gym Rules" below), you will receive 20 points. For each expectation missed (tardy arrival, improper attire, half-hearted participation, etc.) your score for that class will be reduced 5 points (example: late arrival, improperly dressed = 10 points). In case of absence, you will receive 0 points. Points will be totaled for the semester, up to a maximum of 500.</p> <p><i>Make-Up Policy:</i> This is the only section of this course, so no make-ups are available.</p>
200 Points Available	<p><i>Improvement:</i> Four fitness components will be tested at the start and end of the course: cardio, muscle strength, muscle endurance and flexibility. You will receive 50 points for each area in which you demonstrate significant fitness improvement.</p>
200 Points Available	<p><i>Final Exam</i></p>
100 Points Available	<p><i>Effort, Intensity, and Positive Class Spirit:</i> As assessed by the instructor.</p>

TOTAL AVAILABLE POINTS = 1000

- A = 900+
- B = 800-899
- C = 700-799
- D = 600-699
- F = 599 or lower

Gym Policies:

1. Please do not bring guests or children. University rules do not allow them in the gym. Only registered students enrolled in the class.
2. Clean exercise shoes only on the gym floor. No street shoes, please!
3. No gum, food or drinks. (Water in a plastic container is fine, though!)
4. Please replace all equipment after use.
5. Students must lock all backpacks, purses, bags, wallets and other personal items in their car or use a locker in the locker room. Students must provide their own lock. *Loss of locker keys and/ or combination is student responsibility. The Physical Education Department/Athletics Department will not cut locks.*

6. No use of personal cell phones is permitted during class. Emergency situations please see the instructor. *Violation of this policy will result in class removal.*
7. If you feel dizzy or sick, please stop working and let me know.

Important Dates:

Thanksgiving Break
Final Exam

Nov 28, – Dec 01, 2013
Dec 09, - Dec 14, 2013