

Course Syllabus

Department : Physical Education
Course Title : Cardio Kickboxing
Section Name : PHED_5615_2100_11
Start Date : 01/22/2013
End Date : 05/16/2013
Credits : 1

Instructor Information

Name : Karina Cannon
OC Email : kcannon@odessa.edu
OC Phone # : (432) 335-6349
Office : OC Sports Center #202

Course Description

This course combines boxing and martial arts techniques into an exhilarating form of cardio respiratory, muscular strength, and muscular endurance training. Additionally, the course will focus on improving flexibility. Lab Fee Required.

Prerequisites/Co-requisites

None.

Course Objectives

The students will learn and physically execute performance skills of cardio kickboxing. Students will develop an understanding of the health related components of physical fitness: cardio-respiratory endurance, muscular strength, muscular endurance, flexibility, body composition. And the effect that activities such as cardio kickboxing as a form of exercise may have on those components of physical fitness. The students will learn and describe how much exercise is recommended for developing and maintaining health and fitness based upon the principles of frequency, duration, intensity, and **mode established by the American College of Sports Medicine, Surgeon General's Report, text, or other resources** provided.

Measurement for each objective:

1. The students will participate in physical fitness evaluations to assess fitness levels in cardio-respiratory by way of the 12-minute walk/jog, 1 mile walk/run tests, or other various testing methods.
2. Students will participate in muscular strength and endurance testing by way of timed push-ups and sit-up tests, or other various testing methods.
3. Students will participate in flexibility testing by way of the sit-and-reach tests, shoulder flexion test, or other various testing methods.
4. **Standardized norms will be compared to students' performance.**

5. Students will be assessed by method of in class quiz on concepts covered in the previous lesson to indicate they have a sound knowledge of the information, with focus on their understanding of physical fitness, terms and methods.

Class Attendance:

It is important that you attend every exercise class. You will be asked to sign your name and student ID number upon entry to the class, this is your responsibility. If you fail to sign your name, you will be marked down as absent.

Leaving class early is an extreme annoyance to the entire class. Anyone leaving class early without the **instructor's permission will be counted absent for class**. Also, being late for class is an extreme annoyance to the entire class.

Be on time! Each day that you are tardy, your final grade will be deducted ½ point for each class that you are tardy.

Attire/ Lockers:

You are expected to wear proper activity attire to each class. Supportive athletic shoes are RECOMMENDED but not required. If appropriate clothing is not worn, the student will be asked to leave and will not receive participation points. The Sports Center lockers may be rented at the front desk. Cubical lockers—free for credit students.

A current Odessa College ID is required to enter the Sports Center.

Physical and Health Education Department: <http://www.odessa.edu/dept/phed/>

Athletics: <http://www.wranglersports.com/>

Sports Center: http://wranglersports.com/fac-serv/community_recreation/

Odessa College: <http://www.odessa.edu/>

Course Requirements

A pre assessment MUST be taken and is required to be completed before 3pm on Friday 25th of January

A post assessment MUST be taken and is required to be complete before 3pm on Friday the 3rd of May

Assessments - 40 points (20 - Pre; 20 - Post)

Quizzes - 100 points

Assignments - 60 points

ASSESSMENTS: The purpose of the pre- and post-assessments is to measure physical improvement.

QUIZZES: All quizzes will cover the material from lectures, notes, and assignments.

ASSIGNMENTS: Material is presented primarily from readings assignments and worksheets.

(All assignments in the course are expected to be completed in Word document format and submitted.)

Grade Points Percentage %

A	180 - 200 points	(90-100%)
B	150 - 179 points	(80-89%)
C	120 - 149 points	(70-79%)
D	100 - 119 points	(60-69%)
F	100 or less points	Below 60%

Special Needs Odessa College complies with Section 504 of the Vocational Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. If you have any special needs or issues pertaining to your access to and participation in this or any other class at Odessa College, please feel free to contact me to discuss your concerns. You may also call the Office of Disability services at 432-335-6861 to request assistance and accommodations.

Learning Resource Center (Library) The Library, known as the **Learning Resources Center**, provides research assistance via the **LRC's catalog (print books, videos, e-books)** and **databases (journal and magazine articles)**.

Research guides covering specific subject areas, **tutorials**, and the **"Ask a Librarian "** service provide additional help.

Student E-mail Please access your **Odessa College Student E-mail**, by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>
All assignments or correspondence will be submitted using your Odessa College email.

Student Portal Please access your **Odessa College Student E-mail**, by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>
All assignments or correspondence will be submitted using your Odessa College email.

Technical Support For Blackboard username and password help and for help accessing your online course availability and student email account contact the Student Success Center at 432-335-6878 or online at https://www.odessa.edu/dept/ssc/helpdesk_form.htm

Important School Policies For information regarding student support services, academic dishonesty, disciplinary actions, special accommodations, or student's and instructors' right to academic freedom can be found in the **Odessa College Student Handbook**.