

**ODESSA COLLEGE**  
**Department of Physical & Health Education**

**PHED 2100**  
**Cardio Kickboxing**  
1 Credit

**Instructor Name:** Cate Walsh  
**Email:** [cwalsh@odessa.edu](mailto:cwalsh@odessa.edu)  
**Office:** OC Sports Center 203  
**Office Phone:** (432) 335-6566  
**Class Time:** 8:00 AM – 9:20 AM

**Course Description:**

This course is designed to give students an understanding of basic kickboxing footwork and techniques. Students will be provided the opportunity to gain improved cardiorespiratory fitness, flexibility, and muscular strength while learning kickboxing skills.

\* The skills learned in this class are not to be used for self-defense.

**Course Objectives:**

1. Students will learn the proper execution of cardio kickboxing techniques.
2. Students will learn about enhancing their exercise regimen to achieve efficient and effective workouts.
3. Students will develop an understanding of fitness principles as applied through physical practice and participation.
4. Students will comprehend basic dietary concepts and its effects on overall wellness.
5. Students will hopefully, develop a positive attitude towards exercise.
6. Students will participate in appropriate testing to measure fitness levels and monitor progress throughout the semester.

**Course Requirements:**

Attendance is **required** for this class. You cannot participate in class activity if you are not present. Upon missing a class, regardless of the reason, it will be reflected in your participation/attendance grade. Each absence hurts your grade. There are no excused absences with the exception of College sponsored activities (sporting events, field trips, etc.). Your

instructor or coach will provide you with a letter or form that should be given to your instructor so that you will be given credit for your absence.

Proper attire includes dancewear, shorts, T-shirts, sweats, and tennis shoes (all shoes must be tied). No sandals, boots, heels, or jeans/jean shorts allowed. Running and other shoes with a lot of tread are not recommended.

There will be testing to monitor progress throughout the semester. Students will participate and keep a record of the results.

Students will complete a nutrition log and participate in discussion about its effects on overall wellness.

**Grading Procedures:**

Attendance/Participation	40%
Nutrition assignment	20%
Heart rate logs	20%
Self goals/reflection	20%

**Special Needs:**

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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):**

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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:**

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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 correspondence will be submitted using your Odessa College email.**

## **Student Portal:**

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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 correspondence will be submitted using your Odessa College email.**

## **Technical Support:**

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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](https://www.odessa.edu/dept/ssc/helpdesk_form.htm).

## **Important School Policies:**

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For information regarding student support services, academic dishonesty, disciplinary actions, special accommodations, or students and instructors' right to academic freedom can be found in the [Odessa College Student Handbook](#).

## **Student Success Discount:**

10%Discount: Upon completion of 30 credit hours of college-level courses with a 2.0 GPA, students are eligible for a 10% tuition discount on future registrations until reaching 45 credit hours.

20% Discount: Upon completion of 45 credit hours of college-level courses with a 2.0 GPA, students are eligible for a 20% tuition discount on future registrations until reaching 60 credit hours.