

PWLA 1629: 01

UNIVERSITY OF WEST GEORGIA
PWLA 1629: 01
CARDIO KICKBOXING

SEMESTER HOURS: 1

SEMESTER/YEAR: Spring 2007

INSTRUCTOR: Melissa McMaster, M.S.

DAY/TIME: Tuesday/Thursday: 12:30 - 1:20 PM

CLASS LOCATION: Old Auditorium

OFFICE LOCATION: Row Hall, Room 227

OFFICE HOURS: Monday/Wednesday: 10:05 - 11:05 AM
Monday: 1:30 - 5:00 PM by Appointment Only
Tuesday: 3:45 - 5:15 PM by Appointment Only
Wednesday: 1:15 - 4:15 PM

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COURSE DESCRIPTION: This course is designed to teach students the proper technique and fundamentals for cardio kickboxing and introduce them to a new form of lifetime aerobic activity utilizing punches and kicks.

COURSE OBJECTIVES:

Students will:

1. Identify and explain basic cardio kickboxing fundamentals and moves;
2. Perform cardio kickboxing for at least 30 continuous minutes;
3. Execute proper technique in cardio kickboxing punches and kicks;
4. Explain and calculate target heart rate training zone;
5. Demonstrate the principles involved in aerobic exercise.

RECOMMENDED TEXT:

Thiboutot, F. (2001). *Cardio kickboxing elite: For sport, for fitness, for self-defense* (1st edition). Boston, MA: YMAA Publication Center.

REFERENCES:

Insel, P.M., and Roth, W.T. (2005). *Core concepts in health (brief)* (10th edition). Boston, MA: McGraw Hill.

Mazzeo, K.S. (2002). *Fitness through aerobics & step training* (3rd edition). California: Wadsworth Publishing/Thomson Learning.

ASSIGNMENTS:

- I. **PARTICIPATION (125 POINTS):** In order to accomplish the objectives of this course, full participation in the class sessions and activities is essential. Participation will therefore be graded. For the participation grade, students are expected to:
- Attend and sign in for all class sessions;
 - Be on time for class and not leave early;
 - Dress appropriately for scheduled activities;
 - Engage in activities fully with effort;
 - Avoid distracting or disrupting the class (no cell phones, pagers, etc.);
 - Contribute to a positive climate by demonstrating good sportsmanship, including using respectful and proper communication skills (avoid interrupting others, using profanity, criticizing others, dominating conversations, etc.).

Each unexcused absence will result in a deduction from the student's participation grade. Each incidence of tardiness or leaving early will result in a grade deduction. Evaluation of effort and conduct are based on instructor's judgment.

- II. **TARGET HEART RATE WORKSHEET: (25 POINTS):** Students will calculate their Resting Heart Rate and Target Heart Rate Training Zone. *Due Thursday, January 25th.*
- III. **WRITTEN EXAM (75 POINTS):** Students are expected to demonstrate their knowledge and mastery of course content through one written exam administered on *Thursday, February 22nd*. The written exam may take the form of multiple choice, true/false, short answer, or fill-in-the-blank questions.
- IV. **SKILLS TEST (75 POINTS):** The skills test is based on the student's understanding and performance of the basic mechanics of the following skills: punches (jab, hook, uppercut, jab cross) and kicks (front, side, roundhouse). The skills test will be administered in small groups on *Tuesday, April 24th* and *Thursday, April 26th* and each skill will be scored using a three-level rubric (emerging, adequate, mastery). Students who fail to attend class during skill testing days will earn a *zero* for this portion of their grade. *No Exceptions.*

EVALUATION:

Participation:	42%
Written Exam (content knowledge):	25%
Skills Test:	25%
Target Heart Rate Worksheet:	<u>8%</u>
TOTAL:	100%

GRADING POLICY: Grades will be assigned based on points earned, in line with the university policy:

90 - 100 %	A
80 - 89 %	B
70 - 79 %	C
60 - 69 %	D
0 - 59 %	F

CLASS POLICIES:

- I. **ATTENDANCE:** Students are permitted, though not encouraged, to be absent from class. Each student is allowed **3 absences** for the semester. All other absences will be considered unexcused and will result in a grade reduction (*see Participation Grade*). Absences do not require any notification or explanation to the instructor. Please note: There are **no excused absences**. An unexcused absence includes but is not limited to illness, family emergency, doctor or dentist appointment, work or personal crisis.

Absence for long-term injury or illness: Students who become injured or seriously ill and are physically unable to participate in class activity for an extended period of time are required to provide the instructor with medical documentation from a physician immediately after a diagnosis has been made. Based on the timing of the student's recovery, the instructor will determine if the student is able to fulfill the requirements of the course during the remainder of the semester or if other options need to be explored.

Students are fully responsible for all work missed because of absence, including handouts, videos, and presentations. Students must be aware that the content of the lectures may include materials not in the text. If material in class is missed, it is the student's responsibility to obtain missed material and information from a classmate not from the instructor. Further, students must complete any scheduled exams or assignments in advance of the class session missed.

- II. **SIGN-IN ATTENDANCE:** Each student is required to sign in on the attendance sheet next to his/her name upon arrival to class. There will be a tardy attendance sheet for students who arrive 5 minutes after the designated class time. Students who are tardy are responsible for signing in with the instructor after class.
- III. **TARDINESS:** Students are expected to arrive on time and to attend each meeting of the class. You are expected to contact the instructor if there is a problem with arriving to class on time. It is disruptive to your classmates and the instructor when you arrive late to class and you will often miss important announcements. Students who arrive late (5 minutes or more) must sign the tardy attendance sheet after class. Tardiness to class will result in a grade reduction (*see Participation Grade*).
- IV. **LEAVING EARLY:** Leaving early is only accepted and excused when pre-arranged with the instructor. Pre-arranged means the student notifies the instructor at least

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one class period in advance. Other incidences of leaving early will result in a grade reduction (*see Participation Grade*).

- V. **MISSED/LATE ASSIGNMENTS:** There are no make-ups for assignments or the written exam. All assignments and work must be turned in at the beginning of the class session when it is due. Students must hand the assignment or paper in to instructor in person. If you are sick, you must pre-arrange with the instructor in order to have an alternative person submit your paper. Assignments/papers and homework are *not* accepted in the instructor's department mailbox, post office mailbox, under office door, or through e-mail. Late homework assignments are not accepted.
- VI. **OUT-OF-CLASS ASSIGNMENTS:** The instructor reserves the right to give out-of-class assignments in the event of unforeseen absence.
- VII. **ATTIRE:** Students are required to dress in light, comfortable clothing and shoes that are appropriate for an activity class and aerobic/anaerobic exercise. ***No dress clothes, dress shoes, sandals or denim will be permitted.*** Students may not be permitted to participate if improper footwear is worn. In addition, the instructor reserves the right to count students absent, even if they are present.
- VIII. **USE OF UWG CAMPUS CENTER:** As this course is scheduled to meet in the UWG Campus Center regularly, students ***must*** have their UWG ID card to gain admission and ***will not*** be granted access without it. In addition, the instructor cannot get permission for students to gain access and students may not enter the Campus Center through any doors other than the front entrance.
- IX. **COMMUNICATION WITH INSTRUCTOR:** As per University policy, the official communication method with students will be through campus e-mail (MYUWG).
- X. **WEBCT VISTA:** Students are required to utilize the instructor's WebCT Vista site to access course materials for use in class and to supplement the course outside of class. These materials include but are not limited to the *Course Syllabus*, the *Target Heart Rate Worksheet*, and the *Course Content Outline*. In addition, WebCT Vista will be used to: communicate with students via WebCT "Mail"; post any announcements and class cancellations; and, display students' absences, assignment scores, and letter grades which can be viewed under "My Grades."
- XI. **DISRUPTIONS:** All pagers, cell phones, watches, etc. should be silenced, remain off and put away during class. The instructor reserves the right to ask students to leave class for any disruption or inappropriate behavior, including but not limited to, excessive interruptions, voluntary lack of participation, excessive horseplay and talking during lecture or class activity.
- XII. **HEALTH PROBLEMS/DISABILITY NEEDS:** There is a physical activity component to this course. Students with any physical problems, which may affect their ability to fully participate, should notify the instructor within the first week of the semester. If a student needs special accommodations for a disability, please bring your student disability report from Disability Services to the instructor to discuss your needs.

- XIII. **FULFILLING REQUIREMENTS FOR OTHER COURSES:** Per university policy, no material prepared to meet requirements in one course may be used to fulfill the requirements in another course without permission of the instructor.
- XIV. **ACADEMIC HONESTY:** In meeting any academic requirement in part or in full, presenting the work, ideas or writing of another as one's own is subject to disciplinary action, including the possibility of dismissal from the course. Copying or downloading information from the Internet is plagiarism unless credit is given - this includes abstracts.

Academic dishonesty includes but is not limited to:

1. Copying answers from another student's test
2. Using the work of other students
3. Taking and presenting as one's own ideas the writing of another person without appropriate documentation
4. Cutting and pasting information from the internet

Students are expected to adhere to the highest standards of academic honesty. Plagiarism occurs when a student uses or purchases ghostwritten papers. It also occurs when a student utilizes the ideas of or information obtained from another person without giving credit to that person. If plagiarism or another act of academic dishonesty occurs, it will be dealt with in accordance with the academic misconduct policy as stated in the *Undergraduate Catalog* and/or the *Graduate Catalog*.

TENTATIVE COURSE OUTLINE

WEEK 1: JAN. 9/11	Course Overview
WEEK 2: JAN. 16/18	T: Course Syllabus, WebCT Vista, FITT Guidelines TH: Body Composition, Cardiorespiratory Endurance, Resting Heart Rate & Target Heart Rate
WEEK 3: JAN. 23/25	T: Introduction to Cardio Kickboxing, Stance & Footwork, Jab TH: Stance & Footwork, Jab, Jab/Cross, Hook, <i>Target Heart Rate Worksheet Due</i>
WEEK 4: JAN. 30/FEB. 1	T: Flexibility, Introduction to Stretching TH: Muscle Soreness, Injuries, Hook, Uppercut, Warm-up
WEEK 5: FEB. 6/8	T: Review 4 Punches, Punching Combinations, Front Kick TH: Muscular Strength & Endurance
WEEK 6: FEB. 13/15	T: Punching Combinations, Front Kick, Side Kick, Resistance TH: Side Kick, Roundhouse Kick, Punching & Kicking Combinations, Resistance
WEEK 7: FEB. 20/22	T: Review 3 Basic Kicks, Punching & Kicking Combinations, Resistance TH: <i>Written Exam (Classroom TBA)</i>
WEEK 8: FEB. 27/MAR. 1	T: <i>No Class</i> TH: Punching & Kicking Combinations, Resistance
WEEK 9: MARCH 6/8	T: Body Fat Percentage, Circuit Training TH: Cardio Kickboxing Program, Resistance
WEEK 10: MARCH 13/15	T: Circuit Training TH: Cardio Kickboxing Program, Resistance
WEEK 11: MARCH 20/22	<i>No Classes (Spring Break)</i>
WEEK 12: MARCH 27/29	T: Circuit Training TH: Cardio Kickboxing Program, Resistance
WEEK 13: APRIL 3/5	T: Circuit Training TH: Cardio Kickboxing Program, Resistance
WEEK 14: APRIL 10/12	T: Circuit Training TH: Cardio Kickboxing Program, Resistance
WEEK 15: APRIL 17/19	T: Circuit Training TH: Cardio Kickboxing Program, <i>Instructor Evaluations</i>
WEEK 16: APRIL 24/26	<i>Skills Test</i> , Body Fat Percentage