



SYLLABUS – KINE 1116 – CARDIO KICKBOXING

Instructor's Information:

Name: Vanessa Moffett Reales

Office: PE 109

Office Hours: TBA

Contact Information: 806-716-2235

vreales@southplainscollege.edu

Materials: Water, towel, small journal/spiral notebook, hand wraps, and clothing and footwear appropriate for a variety of exercises. (No jeans or khakis.) Improper attire may result in the student not being permitted to participate as movement may be hindered.

Objectives:

1. Learn different techniques of kickboxing exercises and strength and conditioning exercises.
2. Learn to modify different exercises (i.e. intensity, impact, style) to suit one's fitness abilities.
3. Discover a cardiovascular exercise regimen he/she enjoys and make it a regular part of a healthy lifestyle.

Course Evaluation: Your grade in this course will directly reflect your effort and daily class participation. Simply showing up does not guarantee an "A" in the class. A positive attitude and a willingness to participate will ensure a good grade as well as a rewarding class experience. Student Learning Outcomes listed in General Course Syllabus will be evaluated as follows:

Participation, Attendance, Attitude, & Skill Mastery (3 pts/day)	60 points
Worksheets/Assignments/Assessments	30 points
<u>Final Exam</u> (All attendance points, 0 tardies, good attitude, & A average = final exam exemption)	<u>10 points</u>
Total	100 points

Attendance Policy:

1. There are NO excused absences! All absences are equal.
2. 3 absences = one-letter grade penalty will be subtracted from your final grade
3. 5 absences = student will be dropped from class
4. If the fifth absence occurs after the drop date, you will receive an "F" for the course.
5. Non-participating notation—NP—will be recorded if a student is unable to participate, but does attend class. However, 2 NPs = 1 ABSENCE. There is a LIMIT of 2 NPs per semester. NPs are for illness only. (If you have any reason that prevents you from participating for an extended period of time, you need to withdraw from the course.)
6. Be on time to class! Class begins at the exact time listed on your schedule.
7. 3 TARDIES = 1 ABSENCE. Depending on the amount of time you are late, I will determine if it will be recorded as a tardy or absence. Same rules apply when a student LEAVES CLASS EARLY.
8. In certain situations, classes may be made-up to avoid grade penalties outlined above. (See me if this occurs.) A MAXIMUM OF 2 CLASSES MAY BE MADE UP.

General Guidelines:

- Cell phones must be turned OFF! (*If your phone rings, buzzes, or flashes you will lose one letter grade!*)
- No foul language
- No inappropriate clothing
- No food or drink except water (*Do not eat a heavy meal or consume energy drinks before class!*)
- No headphones
- No hats/caps – Tie long hair back
- No whining!

***** Remember: You will get out of this class what you put into it!*****

Please note: This syllabus is subject to change at the instructor's discretion at any point during the semester.

KINE 1116 – Cardio Kickboxing Course Calendar

Week 1 – Syllabus, Student Info, Par Q, Body Measurements, & Pre-Assessment Measures

Week 2 – Finish Pre-Assessment Measures & Learn Basic Kickboxing Techniques
(stance/guard/kicks/punches/etc.)

Week 3 – Review Techniques & Cardio Kickboxing & Abs

Week 4 – Cardio Kickboxing (add techniques) & Strength Training

Week 5 – Lecture on **Assignment 1**: Comparison of Calorie Input & Output & Cardio
Kickboxing

Week 6 – Cardio Kickboxing & **Assignment 1 due**

Week 7 – Cardio Kickboxing (add techniques)

Week 8 – Self-Defense & Cardio Kickboxing & **Assignment 2**: Written Evaluation of Class

Week 9 – Cardio Kickboxing & Abs

Week 10 – Cardio Kickboxing (add techniques) & Self-Defense

Week 11 – Cardio Kickboxing & Strength Training

Week 12 – Cardio Kickboxing & Self-Defense

Week 13 – Cardio Kickboxing

Week 14 – **Assignment 3 due**

Week 15 – Self-Defense & Post Assessment Measures

Week 16 – Final Exam

Please note: This syllabus and course calendar are subject to change at my discretion.

Fall 2020
COVID Addendum to Syllabus

1. Approximately 50% of the workouts will be videoed and submitted online using the GoReact link in Blackboard to limit possible exposure to COVID during group exercise. These recordings need to be done in an area where you have *plenty of room* to move freely and make the most of your workout. You need to have the resources available to record yourself doing the workout (strong wifi connection, computer/iPad/phone, etc.). Please be aware that technical difficulties are always a possibility. **To avoid having to redo your assignment, I recommend always videoing with a backup device!**
2. Face-to-face meeting dates will be decided/adjusted by the instructor as the semester progresses. These will be communicated to students in class and through Blackboard Announcements & email. As of now, we will meet face-to-face during your scheduled class time each Monday or Tuesday. **(REMEMBER: These dates are subject to change. Leave your schedule available to meet face-to-face for ALL dates & times you registered for this class.)**
3. Regarding the make-up class policy listed in #8 of the “Attendance Policy” above: All students will be allowed 4 make-up classes instead of the usual 2 make-up classes. I recommend using these only if you become too sick to do the workouts. In case of illness it may become necessary for you to use this option, so please use these make-up classes wisely.
4. You will have 4 days to complete each online workout. You will have Monday through Thursday to complete, record, and submit the online workout portion of the class each week. It will be due Thursday before midnight each week.
5. Along with other required materials, you will need to either purchase the following or find comparable equivalents within your home:
 - a. Face shields (SPC will supply, but bring to every F2F class)
 - b. Exercise mat
 - c. Dumbbells
 - d. Stability ball
 - e. Medicine ball

COMMON COURSE SYLLABUS

Department: Kinesiology

Course No.: KINE 1116

Course Title: Cardio Kickboxing

Course Credit Hours: 1 Lecture Hours: 0 Lab Hours: 3

Prerequisites: None

Available Formats: Conventional

Campuses: Levelland, Reese

Textbook: None

Supplies: Clothing appropriate for a variety of exercises—may include t-shirts, shorts, and/or sweats. No blue jeans or khakis. Footwear designed for aerobic conditioning activities. Improper attire may result in the student not being permitted to participate as movement may be hindered. Bring water and a towel!

Course Specific Instructions: None

Course Description: This course is designed to improve cardiovascular endurance, develop coordination, and improve strength through a variety of kickboxing moves.

Course Purpose: The purpose of this course is to encourage students to incorporate aerobic training into their lives as a part of their overall fitness and stress management regimens.

Course Requirements: To maximize the potential to complete this course, a student should attend all class meetings and complete all outside assignments and examinations.

Course Evaluation: Please see the instructor's course information sheet for specific items used in evaluating student performance.

Attendance Policy: Whenever absences become excessive, and, in the instructor's opinion, minimum course outcomes cannot be met due to absences, the student will be withdrawn from the course. Please see the instructor's course information sheet for specific attendance policies.

Additional information:

- A. Lockers are available for the semester.
- B. Do not eat a heavy meal prior to class.
- C. No food or drinks in the classroom except water w/a lid.
- D. *No cell phones allowed!*

Student Learning Outcomes:

Each student will:

1. Learn different techniques of kickboxing exercises and strength and conditioning exercises. This objective will be measured by observation of instructor.
2. Learn to modify and adjust different exercises (i.e. intensity, impact, style) to suit one's fitness needs and abilities. This objective will be measured by worksheets and written assignments.
3. Discover a cardiovascular exercise regimen he/she enjoys and make it a regular part of a healthy lifestyle. This objective will be measured by observation of instructor and written assignments.

Academic Integrity:

Plagiarism and Cheating: Students are expected to do their own work on all projects, quizzes, assignments, examinations, and papers. Failure to comply with this policy will result in an F for the assignment and can result in an F for the course if circumstances warrant.

Plagiarism violations include, but are not limited to, the following:

1. Turning in a paper that has been purchased, borrowed, or downloaded from another student, an online term paper site, or a mail order term paper mill;
2. Cutting and pasting together information from books, articles, other papers, or online sites without providing proper documentation;
3. Using direct quotations (three or more words) from a source without showing them to be direct quotations and citing them; or
4. Missing in-text citations.

Cheating violations include, but are not limited to, the following:

1. Obtaining an examination by stealing or collusion;
2. Discovering the content of an examination before it is given;
3. Using an unauthorized source of information (notes, textbook, text messaging, internet, apps) during an examination, quiz, or homework assignment;
4. Entering an office or building to obtain unfair advantage;
5. Taking an examination for another;
6. Altering grade records;
7. Copying another's work during an examination or on a homework assignment;
8. Rewriting another student's work in Peer Editing so that the writing is no longer the original student's;
9. Taking pictures of a test, test answers, or someone else's paper.

Student Code of Conduct Policy: Any successful learning experience requires mutual respect on the part of the student and the instructor. Neither instructor nor student should be subject to others' behavior that is rude, disruptive, intimidating, aggressive, or demeaning. Student conduct that disrupts the learning process or is deemed disrespectful or threatening shall not be tolerated and may lead to disciplinary action and/or removal from class.

Course/Instructor Evaluation: You will be given the opportunity to evaluate this course and its instructor on a frequent basis. I will actively solicit your written feedback, be it positive or negative, throughout this semester, and I will use it to make needed changes regarding the course content, delivery, and evaluative procedures. You will also complete a more comprehensive evaluation at the time of the final examination.

Diversity Statement: In this class, the teacher will establish and support an environment that values and nurtures individual and group differences and encourages engagement and interaction. Understanding

and respecting multiple experiences and perspectives will serve to challenge and stimulate all of us to learn about others, about the larger world and about ourselves. By promoting diversity and intellectual exchange, we will not only mirror society as it is, but also model society as it should and can be.

Disability Statement: Students with disabilities, including but not limited to physical, psychiatric, or learning disabilities, who wish to request accommodations in this class should notify the Disability Services Office early in the semester so that the appropriate arrangements may be made. In accordance with federal law, a student requesting accommodations must provide acceptable documentation of his/her disability to the Disability Services Office. For more information, call or visit the Disability Services Office at Levelland (Student Health & Wellness Office) 806-716-2577, Reese Center (Building 8) 806-716-4675, or Plainview Center (Main Office) 806-716-4302 or 806-296-9611.

Nondiscrimination Policy: South Plains College does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs and activities. The following person has been designated to handle inquiries regarding the non-discrimination policies: Vice President for Student Affairs, South Plains College, 1401 College Avenue, Box 5, Levelland, TX 79336. Phone number 806-716-2360.

Title IX Pregnancy Accommodations Statement: If you are pregnant, or have given birth within six months, Under Title IX you have a right to reasonable accommodations to help continue your education. To [activate](#) accommodations you must submit a Title IX pregnancy accommodations request, along with specific medical documentation, to the Director of Health and Wellness. Once approved, notification will be sent to the student and instructors. It is the student's responsibility to work with the instructor to arrange accommodations. Contact the Director of Health and Wellness at 806-716-2362 or [email cgilster@southplainscollege.edu](mailto:cgilster@southplainscollege.edu) for assistance.

Campus Concealed Carry: Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in South Plains College buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and South Plains College policy, license holders may not carry a concealed handgun in restricted locations. For a list of locations and Frequently Asked Questions, please refer to the Campus Carry page at: <http://www.southplainscollege.edu/campuscarry.php>
Pursuant to PC 46.035, the open carrying of handguns is prohibited on all South Plains College campuses. Report violations to the College Police Department at 806-716-2396 or 9-1-1.