



Syllabus

HPE 126 Women's Self-Defense Kickboxing

General Information

Date

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Author

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Department

Physical Education and Integrated Health Care

Course Prefix

HPE

Course Number

126

Course Title

Women's Self-Defense Kickboxing

Course Information

Credit Hours

1

Lecture Contact Hours

2

Lab Contact Hours

0

Other Contact Hours

0

Catalog Description

Women's Self-Defense Kickboxing is a martial arts class that combines self-defense techniques and aerobic exercise. Instruction will include self-defense techniques to defend against chokes, grabs and ground defense, as well as the Run-Hide-Fight safety action plan. Conditioning exercises to enhance strength and flexibility will include various kicks and boxing drills that are choreographed to music.

Key Assessment

This course does not contain a Key Assessment for any programs

Prerequisites

None

Co-requisites

None

Grading Scheme

Letter

First Year Experience/Capstone Designation

This course **DOES NOT** satisfy the outcomes applicable for status as a FYE or Capstone.

SUNY General Education

This course is designated as satisfying a requirement in the following SUNY Gen Ed category

None

FLCC Values

Institutional Learning Outcomes Addressed by the Course

Critical Thinking

Reading

Ethics/Values

Course Learning Outcomes

Course Learning Outcomes

1. Analyze potentially dangerous situations and implement techniques in order to defuse the situation
2. Execute defensive techniques utilizing kicks and punches incorporated in an aerobic exercise routine
3. Identify the key structures of the cardio respiratory system
4. Recognize the wellness benefits of aerobic training relating to the body's cardio respiratory system
5. Design and teach a cardio workout utilizing self-defense techniques

Outline of Topics Covered

- Class will begin with a set of warm-ups and body conditioning exercises including various flexibility and strength conditioning exercises.
- Instruction on how to properly perform knee, front, side, and back and round house kicks.

- Punches will include jabs, reverse punches, upper cuts and hook punches.
- Self-defense against chokes, headlocks, ground attacks and arm grabs.
- Safety awareness tips will be discussed on travel, home/dorms and everyday surroundings.
- Gradual cardio conditioning for the students from beginning to the final class. Students will be able to perform a complete cardio routine by course end.
- Outside class project that consists of developing a one song cardio workout that the student will instruct to the class