

Common Course Outline

PELF 106

Aerobic Kick Boxing

1 Semester Hour

The Community College of Baltimore County

Description

Principles of exercise and the practice of aerobic fitness through the performance of martial arts techniques and rhythmic movement. Students learn to monitor their heart rate and intensity level in order to progress at a pace appropriate to their current fitness level and age.

Note: Credit may be earned for DANC 106 or PELF 106 but not for both.

Overall Course Objectives

Upon successful completion of the course, the student will be able to:

1. evaluate personal fitness levels in comparison to established norms;
2. demonstrate safe and effective fitness training practices;
3. explain the principles of effective training (FITT principle);
4. describe the correlation of skillful movement with the development of self concept and self esteem;
5. describe the health benefits of regular physical activity;
6. practice cooperation in group activity;
7. explain the relationship between nutrition (diet) and physical fitness;
8. develop a plan for lifelong fitness;
9. analyze improvements in strength, flexibility, body composition and cardiorespiratory endurance;
10. Demonstrate knowledge of body mechanics and safe movement practices during activity.

Major Topics

1. Assessing physical fitness and interpreting fitness results (flexibility, muscular strength and endurance, body composition, and cardiorespiratory endurance)
2. Setting personal fitness goals
3. Principles of cardiorespiratory endurance training
4. Diet and nutrition
5. Technique and practice of Aerobic Kick Boxing skills

Course Requirements

Specific assignments and procedures for evaluating student performance in this course will be described in the individual class syllabus, but will include the following:

1. Attendance and active class participation is expected.
2. Written examination(s).
3. Reading and writing assignments.
4. Pre & Post Physical Fitness Profile Assessment

Other Course Information

The Community College of Baltimore County is committed to providing a high-quality learning experience that results in growth in knowledge, attitudes, and skills necessary to function successfully as a transfer student, in a career and as a citizen. To accomplish this goal, we maintain high academic standards and expect students to accept responsibility for their individual growth by attending classes, completing all homework and other assignments, participating in class activities and preparing for tests.

We take seriously our responsibility to maintain high-quality programs and will periodically ask you to participate in assessment activities to determine whether our students are attaining the knowledge, attitudes and skills appropriate to various courses and programs. The assessment activities may take many different forms such as surveys, standardized or faculty-developed tests, discussion groups or portfolio evaluations. We ask that you take these activities seriously so that we can obtain valid data to use for the continuous improvement of CCBC's courses and programs.