

CASPER COLLEGE COURSE SYLLABUS
PEAC 1045 01 - KICKBOXING

Semester/Year: Fall 2015

Lecture Hours: 0

Lab Hours: 2

Credit Hours: 01 CR

Class Time:12:00PM–12:50PM **Days:** Tuesday & Thursday

Room: LH GYM

Instructor's Name: Katie Moerke

Instructor's Contact

Information: Please contact
Lupe and she will relay the
message, or e-mail me.

Office Phone:

Lupe Kerr 307.268.2235

Email: kat_moerke@live.com

Office Hours: By appointment only.

Course Description:

PEAC 1045 – Kickboxing. This kickboxing course is a martial arts fitness class. Students learn proper kicking and punching techniques and self-defense skills. The course provides students an opportunity to increase martial arts skills, flexibility, and improved cardiovascular performance.

Statement of Prerequisites: N/A

Goal: Acquire kickboxing techniques and general knowledge. Use this sport as a form of exercise, self- defense and personal discipline. Students will know how to punch to a command, react in defense and have fun with the cardio aspect of kickboxing. Kicking, punching, breathing and body movement will be part of the discipline in practice. This should be a fun class, but also incorporate skills useful in the outside world in cases where self-defense is necessary.

Outcomes: You will be required to participate in the following:

1. Demonstrate effective techniques of kickboxing.
2. Use proper form.
3. Use defensive tactics properly and effectively.
4. Demonstrate knowledge of kickboxing tactics and skills learned in class.
5. Participate in aerobic activities that use kickboxing
6. Be able to perform skills and describe the activity when asked to do so.

Course Objectives: To perform kickboxing skills and demonstrate the knowledge acquired in class.

Methodology: General course material will be demonstrated through hands on and technique training.

Evaluation Criteria: Participation and attendance are mandatory to pass this class. You will be graded on your improvement and knowledge of particular kickboxing moves and defenses. You will be required to participate in cardio kickboxing and do your best.

10 Points – Participation and Attendance
45 Points - Midterm Exam (October 15)
45 Points- Final Exam (December 17)
100 Points Possible

The grading scale is as follows:

A= 100-90
B= 89-80
C= 79-70
D=69-60
F=59-below

Casper College may collect samples of student work demonstrating achievement of the above outcomes. Any personally identifying information will be removed from student work.

Required Text, Readings, and Materials: CLEAN gym shoes. Workout attire appropriate for kicking and getting sweaty. No jewelry is allowed. Water or liquid with lids are encouraged. Gloves, wraps or hand protection are recommended but not required.

Class Policies: Last Date to Change to Audit Status or to Withdraw with a W Grade:

Withdrawal deadline: November 12, 2015. Attendance is required to pass the class. Attendance will be taken daily and will reflect on your grade at the end of the semester. Exams are required on the date schedules, unless previous arrangements have been discussed agreed upon prior to the week of the exam. There will be no “homework”, but practice of particular movements and skills that will benefit you during the exam. Please contact me if you are uncomfortable, unable or if you have an injury that prevents you from performing certain activities in this class.

Student Rights and Responsibilities: Please refer to the Casper College Student Conduct and Judicial Code for information concerning your rights and responsibilities as a Casper College Student.

Chain of Command: If you have any problems with this class, you should **first contact the instructor** to attempt to solve the problem. If you are not satisfied with the solution offered by the instructor, you should then take the matter through the appropriate chain of command starting with the Department Head/Program Director, the Dean, and lastly the Interim Vice President for Academic Affairs.

Academic Dishonesty: (Cheating & Plagiarism) Casper College demands intellectual honesty. Proven plagiarism or any form of dishonesty associated with the academic process can result in the offender failing the course in which the offense was committed or expulsion from school. See the Casper College Student Code of Conduct for more information on this topic.

Official Means of Communication: Casper College faculty and staff will employ the student's assigned Casper College email account as a primary method of communication. Students are responsible to check their account regularly. This is also, where you will find course evaluation links during course evaluation periods.

ADA Accommodations Policy: If you need academic accommodations because of a disability, please inform me as soon as possible. See me privately after class, or during my office hours. To request academic accommodations, students must first consult with the college's Disability Services Counselor located in the Gateway Building, Room 344, (307) 268-2557, bheuer@caspercollege.edu. The Disability Services Counselor is responsible for reviewing documentation provided by students requesting accommodations, determining eligibility for accommodations, and helping students request and use appropriate accommodations.

2015 Fall Semester
Tentative Schedule

WEEK	DATE	DAY	ACTIVITY
1	8/25/15	TUESDAY	Introduction to Kickboxing
	8/57/15	THURSDAY	Introduction to Kickboxing
2	9/1/15	TUESDAY	Kickboxing technique and training skills
	9/3/15	THURSDAY	Kickboxing technique and training skills
3	9/8/15	TUESDAY	Kickboxing technique and training skills
	9/11/15	THURSDAY	Kickboxing technique and training skills
4	9/15/15	TUESDAY	Kickboxing technique and training skills
	9/17/15	THURSDAY	Kickboxing technique and training skills
5	9/22/15	TUESDAY	Kickboxing technique and training skills
	9/24/15	THURSDAY	Kickboxing technique and training skills
6	9/29/15	TUESDAY	Kickboxing technique and training skills
	10/1/15	THURSDAY	Kickboxing technique and training skills
7	10/6/15	TUESDAY	Kickboxing technique and training skills
	10/8/15	THURSDAY	Kickboxing technique and training skills
8	10/13/15	TUESDAY	Kickboxing technique and training skills
	10/15/15	THURSDAY	MIDTERM
9	10/20/15	TUESDAY	NO SCHOOL
	10/22/15	THURSDAY	NO SCHOOL
10	10/27/15	TUESDAY	Kickboxing technique and training skills
	10/29/15	THURSDAY	Kickboxing technique and training skills
11	11/3/15	TUESDAY	Kickboxing technique and training skills
	11/5/15	THURSDAY	Kickboxing technique and training skills
12	11/10/15	TUESDAY	Kickboxing technique and training skills
	11/12/15	THURSDAY	Kickboxing technique and training skills
13	11/17/15	TUESDAY	Kickboxing technique and training skills
	11/19/15	THURSDAY	Kickboxing technique and training skills
14	11/24/15	TUESDAY	Kickboxing technique and training skills
	11/26/15	THURSDAY	NO SCHOOL
15	12/1/15	TUESDAY	Kickboxing technique and training skills
	12/3/15	THURSDAY	Kickboxing technique and training skills
16	12/8/15	TUESDAY	Kickboxing technique and training skills
	12/10/15	THURSDAY	Kickboxing technique and training skills
17	12/15/15	TUESDAY	FINALS WEEK
	12/17/15	THURSDAY	FINAL