

# **COURSE OUTLINE**

**LFIT-136**

**Kickboxing for Fitness**

**1 Semester Hour**

## **HOWARD COMMUNITY COLLEGE**

### **Description**

This course is designed to provide students with opportunity to practice kickboxing as a means of aerobic and muscular conditioning. The techniques and training methods from the sport of kickboxing will be used to enhance the students exercise experience. Students need no prior training or experience in kickboxing.

### **Overall Course Objectives**

Upon completion of this course the student will :

1. be able to perform various kickboxing techniques
2. develop a kickboxing for fitness routine
3. explain how kickboxing training may be used to promotes health/fitness.
4. demonstrate various kickboxing training methods

### **Major Topics**

- I. The techniques of kickboxing
- II. Training methods of kickboxing
- III. Kickboxing for conditioning
- IV. Difference between the sport of kickboxing and kickboxing for fitness

### **Course Requirements**

#### **Grading/exams:**

Grading procedures will be determined by the individual faculty member but include the following.

Attendance

Participation

Development and performance of a kickboxing for fitness routine

Final grades will be based on attendance, participation, and routine development.

### **Other Course Information**