

LABETTE COMMUNITY COLLEGE BRIEF SYLLABUS

SPECIAL NOTE:

This brief syllabus is not intended to be a legal contract. A full syllabus will be distributed to students at the first class session.

TEXT AND SUPPLEMENTARY MATERIALS USED IN THE COURSE (if any):

Please check with the LCC bookstore <http://www.labette.edu/bookstore> for the required texts for this class.

<u>COURSE NUMBER:</u>	PED 172
<u>COURSE TITLE:</u>	Kickboxing
<u>SEMESTER CREDIT HOURS:</u>	1
<u>DEPARTMENT:</u>	Physical Education
<u>DIVISION:</u>	Continuing Education/Workforce
<u>PREREQUISITE:</u>	None
<u>REVISION DATE:</u>	September 2017

COURSE DESCRIPTION:

Kickboxing is practiced for self-defense, fitness or as a contact sport. Originally developed in Japan, it's a sport that combines Karate, Muay Thai and boxing and uses punching, kicking, knee and elbow strikes and defense.

COURSE OUTCOMES AND COMPETENCIES:

Students who successfully complete this course will be able to:

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| <ol style="list-style-type: none">1. Gain the ability to master the fundamentals of Kickboxing<ul style="list-style-type: none">• Students will be able to execute 6 basic punches.• Students will be able to execute 5 basic kicks.• Students will be able to execute kicks and punches in a fluent combination. |
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