

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.

COURSE NUMBER: SPEC 125

COURSE TITLE: TOPICS IN PERSONAL ENRICHMENT
(KICKBOXING)

SEMESTER CREDIT HOURS: .5 - 5

DEPARTMENT: Workforce Education/Career Training/Personal Enrichment

DIVISION: Continuing Education/Workforce

PREREQUISITE: None

REVISION DATE: 5/2013

COURSE DESCRIPTION:

Topics in Lifelong Learning are designed to provide a framework for exploration of specific continuing education topics.

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. Practice Kickboxing<ul style="list-style-type: none">• Execute 6 basic punches.• Execute 5 basic kicks.• Execute kicks and punches in a fluent combination. |
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