

# Glendale College

## Course Outline of Record Report

Course ID 010360  
Cyclical Review - March 2025

### PE220 : Kickboxing I

#### General Information

Author:	• Erin Calderone
Course Code (CB01) :	PE220
Course Title (CB02) :	Kickboxing I
Department:	PE
Proposal Start:	Spring 2026
TOP Code (CB03) :	(0835.00) Physical Education
CIP Code:	(31.0501) Sports, Kinesiology, and Physical Education/Fitness, General.
SAM Code (CB09) :	E - Non-Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000598620
Curriculum Committee Approval Date:	03/26/2025
Board of Trustees Approval Date:	06/17/2025
Last Cyclical Review Date:	03/26/2025
Course Description and Course Note:	PE 220 teaches students the basics of kickboxing as a martial art, a self-defense technique, and an exercise format to improve physical conditioning. Students learn safe practice and proper form for fundamental stance, footwork, punches, kicks, knees and elbows, as well as simple combinations. This course utilizes bag-work for conditioning drills, and emphasizes injury prevention.
Justification:	Mandatory Revision
Academic Career:	• Credit
Mode of Delivery:	• In-Person • Remote
Author:	No value
Course Family:	Martial Arts

#### Academic Senate Discipline

Primary Discipline:	• Physical Education
Alternate Discipline:	• Martial Arts/Self-Defense
Alternate Discipline:	No value

### Course Development

**Basic Skill Status (CB08)**

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

**Course Special Class Status (CB13)**

Course is not a special class.

**Pre-Collegiate Level (CB21)**

Not applicable.

**Grading Basis**

- Grade with Pass / No-Pass Option

**Course Support Course Status (CB26)**

Course is not a support course

### Program Status

Course Program Status (CB24)

**Associated Program**

**Award Type**

**Active**

Fitness Specialist (AS)

A.S. Degree

Fall 2024

Fitness Specialist (Cert)

Certificate of Achievement

Fall 2024

Kickboxing Instructor Skill Award

Skill Award

Spring 2026

Kinesiology (AA-T)

AA-T Degree

Winter 2026

Sports Coaching (AS)

A.S. Degree

Fall 2025

Sports Coaching (Cert)

Certificate of Achievement

Fall 2025

### General Education and C-ID

**General Education Status (CB25)**

Not Applicable

**Transferability**

Transferable to both UC and CSU

**Transferability Status**

Approved

**GCC General Education Requirements**

**Area**

**Status**

**Approval Date**

**Comparable Course**

Area 8: Lifelong Learning

Lifelong Learning

Approved

09/02/2025

No Comparable Course defined.

## Units and Hours

### Summary

<b>Minimum Credit Units (CB07)</b>	1
<b>Maximum Credit Units (CB06)</b>	1
<b>Total Course In-Class (Contact) Hours</b>	54
<b>Total Course Out-of-Class Hours</b>	0
<b>Total Student Learning Hours</b>	54

### Credit / Non-Credit Options

**Course Type (CB04)**

Credit - Degree Applicable

**Noncredit Course Category (CB22)**

Credit Course.

**Noncredit Special Characteristics**

No Value

**Course Classification Code (CB11)**

Credit Course.

Variable Credit Course

**Funding Agency Category (CB23)**

Not Applicable.

Cooperative Work Experience Education Status (CB10)

### Weekly Student Hours

	<b>In Class</b>	<b>Out of Class</b>
Lecture Hours	0	0
Laboratory Hours	3	0
Studio Hours	0	0

### Course Student Hours

<b>Course Duration (Weeks)</b>	18
<b>Hours per unit divisor</b>	0
<b>Course In-Class (Contact) Hours</b>	
Lecture	0
Laboratory	54
Studio	0
<b>Total</b>	54
<b>Course Out-of-Class Hours</b>	
Lecture	0
Laboratory	0
Studio	0
<b>Total</b>	0

### Time Commitment Notes for Students

No value

**Units and Hours - Weekly Specialty Hours**

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

**Prerequisites, Corequisites, Recommended Corequisites, and Recommended Preparation**

No Value

**Entry Standards**

Entry Standards	Description
Perform moderate daily physical activities.	No Value
Demonstrate awareness of personal physical limitations.	No Value
Demonstrate and maintain a positive attitude in a group environment.	No Value

**Course Limitations**

Cross Listed or Equivalent Course	Description
No value	No value

**Specifications****Methods of Instruction**

Methods of Instruction	Laboratory
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Methods of Instruction	Discussion
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<b>Methods of Instruction</b>	Multimedia			
<b>Methods of Instruction</b>	Tutorial			
<b>Methods of Instruction</b>	Collaborative Learning			
<b>Methods of Instruction</b>	Demonstrations			
<b>Methods of Instruction</b>	Guest Speakers			
<b>Methods of Instruction</b>	Presentations			
<b>Out of Class Assignments</b>				
<ul style="list-style-type: none"> <li>• Self-evaluation (e.g. written evaluation of personal knowledge related to kickboxing)</li> <li>• Written analysis (e.g. written analysis of the physical and emotional benefits of kickboxing techniques)</li> </ul>				
<b>Methods of Evaluation</b>	<b>Description of Activity/Interaction</b>			
Other	Practical examination			
Exam/Quiz/Test	Written midterm exam			
Exam/Quiz/Test	Written final exam			
Activity (answering journal prompt, group activity)	Critique (e.g. peer-peer or instructor-student critique of forms)			
<b>Textbook Rationale</b>				
No Value				
<b>Textbooks</b>				
<b>Author</b>	<b>Title</b>	<b>Publisher</b>	<b>Date</b>	<b>ISBN</b>
No Value	No Value	No Value	No Value	No Value
<b>Other Instructional Materials (i.e. OER, handouts)</b>				

Description	Instructor will provide reading materials.
Author	No value
Citation	No value
Online Resource(s)	No value

## Learning Outcomes

### Course Objectives

Recognize the language and terminology of kickboxing as it applies to the history, skills and strategies taught.

Demonstrate proper form for fundamental stances, footwork, punches, kicks, knees and elbows in kickboxing.

Differentiate between different techniques in kickboxing appropriate for situations in self-defense, exercise or competition.

Discuss the history and philosophy of kickboxing as a martial art for self-defense.

Create an effective defensive plan of action based upon their own level of skill and physical fitness/conditioning.

Demonstrate understanding of the relationship of personal physical and mental health in applying kickboxing options or responses.

### SLOs

Demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment. Expected Outcome Performance: 70.0

Demonstrate knowledge of kickboxing technique for self-defense. Expected Outcome Performance: 70.0

Apply kickboxing movements and skills for safe exercise. Expected Outcome Performance: 70.0

## Additional SLO Information

**Does this proposal include revisions that might improve student attainment of course learning outcomes?**

No

**Is this proposal submitted in response to learning outcomes assessment data?**

No

**If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.**

No Value

#### **SLO Evidence**

No Value

## **Course Content**

### **Lecture Content**

No value

### **Laboratory/Studio Content**

#### **Introduction and Overview of Kickboxing (2 hours)**

- History and philosophy of kickboxing as a martial art and for self-defense
- Kickboxing for exercise and fitness
- Safety considerations
- Understanding personal physical limitations and choosing appropriate adaptations

#### **Introduction to Fundamental Kickboxing Techniques (30 hours)**

- Introduction of fundamental kickboxing techniques
- Stance and body positioning
- Punches (e.g. jab, cross, hook, uppercut)
- Kicks (e.g. hook-kick, up-kick, roundhouse, side-kick, push-kick)
- Knees
- Elbows
- Movement and footwork (e.g. advance, retreat, pivot, circle)
- Blocking, checking kicks, ducking/slipping punches and counter-punching
- Combinations

#### **Physical Conditioning for Kickboxing (10 hours)**

- Static and dynamic balance
- Core strength and endurance
- Muscular strength and power
- Cardiovascular endurance and conditioning
- Speed and agility drills
- Injury prevention

#### **Practice and Performance of Kickboxing Techniques (12 hours)**

- Bag work
- Shadow boxing
- Skill repetition and drills

**Total hours: 54**

## **Additional Information**

### **Repeatability**

Not Repeatable

### **Justification (if repeatable was chosen above)**

No Value

Is it possible this course will have a material fee?

No

I have contacted my library liaison (<https://campusguides.glendale.edu/faculty/liasons>):

No Value

What term(s) will this course be offered?

Fall/Spring

Will any additional resources be needed for this course? (Click all that apply)

- No

If additional resources are needed, add a brief description and cost in the box provided.

No Value

## Resources

Did you contact your departmental library liaison?

No

If yes, who is your departmental library liaison?

Becka Cooling (Kinesiology, Social Sciences)

Did you contact the DEIA liaison?

No

Were there any DEIA changes made to this outline?

No

If yes, in what areas were these changes made:

No Value

Will any additional resources be needed for this course? (Click all that apply)

- No

If additional resources are needed, add a brief description and cost in the box provided.

No Value

