

Glendale College  
**Course Outline of Record Report**

Course ID 010361  
 Cyclical Review - March 2025

**PE221 : Kickboxing II**

**General Information**

Author:	• Erin Calderone
Course Code (CB01) :	PE221
Course Title (CB02) :	Kickboxing II
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) :	CCC000598622
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 221 builds on the fundamental skills learned in PE 220 and introduces students to intermediate techniques in kickboxing for self-defense, competition and exercise. Students add power and placement to basic punches, kicks, knees and elbows and adapt opponent's movements and evasive techniques. Physical conditioning for injury prevention and performance are emphasized. Students are also introduced to focus pads and mitt-work, as well as safe sparring between training partners.
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

### 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**

**Minimum Credit Units (CB07)**

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**

<b>Course Type (CB04)</b> Credit - Degree Applicable	<b>Noncredit Course Category (CB22)</b> Credit Course.	<b>Noncredit Special Characteristics</b> No Value
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<b>Course Classification Code (CB11)</b> Credit Course. <input type="checkbox"/> Variable Credit Course	<b>Funding Agency Category (CB23)</b> Not Applicable.	<input type="checkbox"/> Cooperative Work Experience Education Status (CB10)
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**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

### Prerequisite

PE220 - Kickboxing I

## Entry Standards

Entry Standards	Description
No value	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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Methods of Instruction	Multimedia
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Methods of Instruction	Tutorial
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Methods of Instruction	Collaborative Learning
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<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> </ul>				
<b>Methods of Evaluation</b>	<b>Description of Activity/Interaction</b>			
Other	Practical examination			
Exam/Quiz/Test	Written midterm examination			
Exam/Quiz/Test	Written final examination			
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>				
<b>Description</b>	Instructor will provide reading materials.			
<b>Author</b>	No value			
<b>Citation</b>	No value			
<b>Online Resource(s)</b>	No value			

## Learning Outcomes

### Course Objectives

Apply the terminology of kickboxing to describe fundamental history, skills and strategies.

Apply proper form to fundamental stances, punches, kicks, knees and elbows in kickboxing.

Evaluate and apply different strikes to situations and strategies for kickboxing.

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

Create combinations and strategies to apply kickboxing to self-defense or competition situations and for physical performance conditioning.

Apply appropriate safety, injury prevention and physical and mental health strategies to individual and partner training for kickboxing.

### SLOs

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

Apply safe and effective kickboxing techniques for self-defense, competition and exercise. Expected Outcome Performance: 70.0

Demonstrate understanding of situational strategies in kickboxing for self-defense, competition and conditioning for physical performance. 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

#### Review of Kickboxing (4 hours)

- History and philosophy of kickboxing as a martial art and for self-defense
- Different styles of kickboxing (e.g. Muay Thai, Taekwondo and Mixed Martial Arts)
- Kickboxing for exercise and fitness
- Safety considerations
- Safety considerations when sparring or drilling with partners

#### Mastery of Fundamental Kickboxing Techniques (8 hours)

- Stance, spacing, 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

#### Introduction to Intermediate Kickboxing Techniques (16 hours)

- Bag-work vs. targets vs. sparring
- Drilling with a partner
- Intermediate level combinations
- Basic sparring strategies and techniques
- Countering and defensive maneuvers
- Analyzing styles and options for different situations or competitions (e.g. Muay Thai, Taekwondo, and Gung Fu)
- Strategies and individual style

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

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

#### Practice and Performance of Kickboxing Techniques (16 hours)

- Bag work
- Mitts and focus pads
- Partner drills
- Sparring

**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

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