



**Course Description:**

**PED-023 - Cardio Kickboxing Units: 1**

An aerobic exercise program utilizing non-contact kickboxing. The class format includes warm-up, pre-aerobics, peak aerobics and aerobic cool down as determined by musical beats per minutes (BPM). Hand weights and step boxes may be used for additional lower and upper body strength and conditioning. A cool-down will conclude the exercise session.

Lecture Hours: 0      Lab Hours: 3      Repeatable: 3      Grading: O

CAN: None

Advisory Level:      Read: 3      Write: 3      Math: None

Transfer Status: CSU      Degree Applicable: AA/AS

CSU GE: None      District GE: E2      IGETC: None

**Learning Outcomes:**

- A. Demonstrate the principles of endurance, strength and flexibility as it applies to physical fitness.
- B. Apply the principles of target training zone, overload theory, theory of specificity and training threshold as it applies to cardio-respiratory fitness.
- C. Demonstrate coordination, rhythm and musicality.