

PE222 : Kickboxing III

General Information

Author:	<ul style="list-style-type: none">Erin CalderoneDel Castillo, Steve
Course Code (CB01) :	PE222
Course Title (CB02) :	Kickboxing III
Department:	PE
Proposal Start:	Spring 2026
TOP Code (CB03) :	(0835.20) Fitness Trainer*
CIP Code:	(31.0507) Physical Fitness Technician.
SAM Code (CB09) :	C - Clearly Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000653710
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 222 builds on the intermediate skills learned in PE 221 and introduces students to kickboxing trainer techniques for physical and mental health, fitness, and wellness. Students learn to train others in kickboxing movement patterns utilizing focus mitts and other basic training tools, and to assess and improve others' physical conditioning for injury prevention and performance.
Justification:	New Course
Academic Career:	<ul style="list-style-type: none">Credit
Mode of Delivery:	<ul style="list-style-type: none">In-PersonRemote
Author:	No value
Course Family:	Martial Arts

Academic Senate Discipline

Primary Discipline:	<ul style="list-style-type: none">Physical Education
Alternate Discipline:	No value
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

General Education and C-ID

General Education Status (CB25)

Not Applicable

Transferability

Transferable to both UC and CSU

Transferability Status

Approved

Units and Hours

Summary

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

	In Class	Out of Class
Lecture Hours	0	0
Laboratory Hours	3	0
Studio Hours	0	0

Course Student Hours

Course Duration (Weeks)	18
Hours per unit divisor	54
Course In-Class (Contact) Hours	
Lecture	0

Laboratory	54
Studio	0
Total	54

Course Out-of-Class Hours

Lecture	0
Laboratory	0
Studio	0
Total	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

PE221 - Kickboxing II (in-development)

Objectives

- Apply the language of 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.
- Communicate effectively in writing, speaking or signing related self-defense training information.
- 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.

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

Collaborative Learning

Methods of Instruction

Demonstrations

Methods of Instruction

Laboratory

Methods of Instruction

Presentations

Methods of Instruction

Multimedia

Methods of Instruction

Guest Speakers

Out of Class Assignments

- Self-evaluation (reflection and self-evaluation of coaching skills)
- Program design (create a cardio workout using kickboxing drills)

Methods of Evaluation

Rationale

Presentation (group or individual)

Student presentation of a portion of the kickboxing lesson

Evaluation

Instructor evaluation of student coaching demonstration

Textbook Rationale

No Value

Textbooks

Author	Title	Publisher	Date	ISBN
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No Value	No Value	No Value	No Value	No Value
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Other Instructional Materials (i.e. OER, handouts)

Description	Instructor-generated reading materials.
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Author	No value
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Citation	No value
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Online Resource(s)	No value
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Learning Outcomes

Course Objectives

Compare and contrast the different kickboxing specific training tools (e.g. focus mitts, punch sticks, kicking shield).

Connect proper stances, punches, kicks, knees, and elbows into fundamental kickboxing patterns.

Organize different offensive and defensive movement patterns in relation to kickboxing specific training.

Critique kickboxing technique and provide feedback to improve.

Design and develop combinations and strategies to apply kickboxing for physical performance conditioning.

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

SLOs

Demonstrate and apply safety rules and procedures to effectively participate in kickboxing training and instruction. Expected Outcome Performance: 70.0

Formulate safe and effective kickboxing training techniques and strategies to improve physical performance. Expected Outcome Performance: 70.0

Review and grade kickboxing specific training strategies for improving physical performance as it applies to training a unique training partner. 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

Movements Related to Kickboxing Techniques (4 hours)

- Rotation
- Extension
- Flexion
- Penetration

Combinations Utilizing Kickboxing Training Tools (16 hours)

- Pool noodles
- Focus mitts
- Kicking shield
- Long bag
- Visual/audio cues and feedback
- Reactionary

Kickboxing Combinations and Strategies (10 hours)

- Single attacks
- Multiple attacks
- Defense
- Defense and counter
- Attack defense and counter
- Reactionary

Kickboxing Training Plans for Fitness (8 hours)

- Physical conditioning
- Dynamic balance
- Core strength
- Endurance
- Cardiovascular conditioning
- Mental fortitude
- Adapting to individual abilities

Designing Kickboxing Training Sessions (14 hours)

- Warm-ups

- Utilizing training tools
- Strength and conditioning
- Recovery

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/Winter/Spring/Summer

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