

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

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 (In Development)	Skill Award	Spring 2026
Kinesiology (AA-T) (In Development)	AA-T Degree	Fall 2025
Sports Coaching (A.S)	A.S. Degree	Fall 2023 to Fall 2025
Sports Coaching (AS)	A.S. Degree	Fall 2025
Sports Coaching (Cert)	Certificate of Achievement	Fall 2023 to Fall 2025
Sports Coaching (Cert)	Certificate of Achievement	Fall 2025