

# 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

### 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