WAYNE STATE UNIVERSITY
COLLEGE OF EDUCATION

DIVISION: Kinesiology, Health and Sport Studies (KHS)

PROGRAM AREA: Lifestyle Fitness Activities (LFA)

LFA WEB SITE: www.kinesiology.wayne.edu

COURSE: LFA 1220 – CARDIO-FIT KICKBOXING

COURSE CREDIT: 02 Credit Hours

TERM/YEAR: 

COURSE LOCATION: Matthaei Building

TIME: 

INSTRUCTOR: 

OFFICE HOURS: Before and after class

TELEPHONE: (313) 577-4249 (KHS Secretary)

EMAIL: ai6643@wayne.edu

COURSE DESCRIPTION: A time-efficient workout that stimulates the cardio-respiratory and musculoskeletal systems. It offers structured routines for all fitness levels (basic, intermediate, advanced). Utilizes basic kickboxing techniques.

COURSE OBJECTIVES: Upon completion of this course, students will be able to:

1. Describe the main superficial muscles of the body.

2. Demonstrate an understanding of and practice proper body alignment and kick boxing technique.

3. Monitor one’s heart rate.

4. Increase cardiovascular capacity.

5. Increase muscle strength, endurance, and power.

6. Increase balance and coordination.
7. Increase speed and agility.

8. Develop self-esteem and create a positive attitude for an active lifestyle.

9. Properly utilize stretching and flexibility training.

10. Practice through repetition: Punches, kicks, basic footwork and combinations.

**ASSIGNMENTS:**

**Quizzes** – There will be a total of two **15-point** quizzes.

(30 pts. total)

**EVALUATION:**

The students’ final grades will be determined according to the following criteria:

1. Two quizzes (30 pts. total).

2. **Attendance and Participation** – MOST IMPORTANT!!
   Regular attendance and participation is necessary in order to improve aerobic fitness. (112 pts. total)
   
   a. **Four** points will be earned for each class the student attends and participates.
   b. **Three** points will be earned for each class the student is late or leaves early and participates.
   c. **Two** points will be earned for each class the student attends but does NOT participate.
   d. **Zero** points will be earned when the student is absent from class

   *This point system begins on the first day of class*

**ATTENDANCE:**

One of the reasons for this strict attendance policy reflects the fact that classes of this type are largely participatory – the outcomes are essentially equivalent to the process. Given the nature of the subjects, successful completion of activity courses of this requires attendance and full participation.

112 Points for attendance (28 classes x 4 pts. = 112)

30 Points for quizzes

112 + 30 = 142 Points for the semester
GRADING:

<table>
<thead>
<tr>
<th>Points Range</th>
<th>Percentage Range</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>132–142 points</td>
<td>93-100%</td>
<td>A</td>
</tr>
<tr>
<td>127–131 points</td>
<td>90–92%</td>
<td>A-</td>
</tr>
<tr>
<td>124–126 points</td>
<td>88-89%</td>
<td>B+</td>
</tr>
<tr>
<td>117–123 points</td>
<td>83-87%</td>
<td>B</td>
</tr>
<tr>
<td>113–116 points</td>
<td>80-82%</td>
<td>B-</td>
</tr>
<tr>
<td>110–112 points</td>
<td>78-79%</td>
<td>C+</td>
</tr>
<tr>
<td>103–109 points</td>
<td>73-77%</td>
<td>C</td>
</tr>
<tr>
<td>99–102 points</td>
<td>70-72%</td>
<td>C-</td>
</tr>
<tr>
<td>96–98 points</td>
<td>68-69%</td>
<td>D+</td>
</tr>
<tr>
<td>89–95 points</td>
<td>63-67%</td>
<td>D</td>
</tr>
<tr>
<td>85–88 points</td>
<td>60-62%</td>
<td>D-</td>
</tr>
<tr>
<td>&lt; 85 points</td>
<td>(below 60%)</td>
<td>F</td>
</tr>
</tbody>
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ACADEMIC DISHONESTY/PLAGIARISM:
The College of Education has a “zero tolerance” approach to plagiarism and other forms of academic dishonesty. (See Student Code of Conduct [http://dos.o.wayne.edu/assets/student-code-of-conduct-brochure.pdf](http://dos.o.wayne.edu/assets/student-code-of-conduct-brochure.pdf)). Plagiarism includes copying material (any more than 5 consecutive words) from outside texts or presenting outside information as if it were your own by not crediting authors through citations. It can be deliberate or unintended. Specific examples of academic dishonesty, including what constitutes plagiarism, can be found in the University’s Undergraduate Bulletin ([http://bulletins.wayne.edu/ubk-output/index.html](http://bulletins.wayne.edu/ubk-output/index.html)) and Graduate Catalog ([http://www.bulletins.wayne.edu/gbk-output/index.html](http://www.bulletins.wayne.edu/gbk-output/index.html)) under the heading “Student Ethics.” These university policies are also included as a link on Blackboard within each course in which students are enrolled. It is every student’s responsibility to read these documents to be aware which actions are defined as plagiarism and academic dishonesty. Sanctions could include failure in the course involved, probation and expulsion, so students are advised to think carefully and thoroughly, ask for help from instructors if it is needed, and make smart decisions about their academic work.

WITHDRAWAL POLICY:

It is the student’s responsibility to request withdrawal from class. After the fifth week students may make their request on Pipeline, and their instructor will need to approve it.

There are three options:
- WP - Withdrawal with a passing grade earned to date.
- WF - Withdrawal with a failing grade earned to date
- WN - Withdrawal never attended or no graded work to date.
MEDICAL WITHDRAWAL:
A student who sustains, during the course of the semester, an injury or illness that prevents student from further participation in this class may apply for a “(partial) medical withdrawal” and may receive complete or partial reimbursement of tuition paid for this class. A physician’s statement is required. Forms to use to apply for “medical withdrawal” may be obtained from the Registrar, or from www.wayne.edu (type in “forms and instructions” in the search box).

RELIGIOUS OBSERVANCE HOLIDAY:
Because of the extraordinary variety affiliations represented in the university student body and staff, the Wayne State University calendar makes no provision for religious holidays. It is university policy, however, to respect the faith and religious obligations of the individual. Students who find that their classes or examinations involve conflicts with their religious observances are expected to notify their instructors well in advance so that alternative arrangements as suitable as possible may be worked out.

STUDENTS WITH DISABILITIES:
If you have a documented disability that requires accommodations, you will need to register with Student Disability Services for coordination of your academic accommodations. The Student Disability Services (SDS) office is located at 1600 David Adamany Undergraduate Library in the Student Academic Success Services department. SDS telephone number is 313-577-1851 or 313-577-3365 (TTY: telecommunication device for the deaf; phone for hearing impaired students only). Once you have your accommodations in place, SDS staff will be glad to meet with you privately during office hours to discuss your special needs. Student Disability Services’ mission is to assist the university in creating an accessible community where students with disabilities have an equal opportunity to fully participate in their educational experience at Wayne State University.

LFA ADD POLICY:
The university permits students to add (provided the classes are not filled) and drop classes the first week of the semester without instructor or departmental signatures. The KHS division will permit students to enroll in the LFA courses through the second week of the semester with the permission and signature of the instructor as well as completion of the Registrar's form titled Add/Drop Class After Deadline Date. Overrides will be made through the KHS division office, room 2152 Faculty Administrative Bldg. (FAB), once the official form has been completed. **There will be no students admitted to LFA classes AFTER the second week of the semester!!**
CLASS POLICIES:

1. A **maximum** of **five** make-ups will be allowed during the semester. These classes can be made up in any of the other Sculpt, Stretch & Tone/Weight Training/and Zumba™ classes offered at the University **within fourteen (14) days of the missed scheduled class.** There will be **NO** make-ups allowed the last week of the semester. These **CANNOT** be made up in another registered LFA class!

2. Clothing – T - Shirts, shorts, leotards, tights, spandex pants, etc. are recommended. Clothing should not restrict muscle movement. **Good Aerobic/Cross Training** shoes are **VERY** important. They should meet the basic criteria for stability, shock absorption and flexibility.

3. Locker rental – see Tartar shop for info.

4. There will be **NO** grades of “Incomplete” given.

5. Students are responsible to check **Blackboard** on a regular basis.

6. **Door Check Policy:** For security reasons, students are expected to show their WSU OneCard (and possible back-up) upon entering the Matthaei Building.

7. The division of Kinesiology, Health and Sport Studies (KHS) informs you that participation in physical activity includes the risk of trauma and/or injury. The division of Kinesiology, Health and Sport Studies is **NOT** responsible for accident or illness which results from participation in class and requires that no student be allowed to participate in an activity before signing the Statement of Informed Consent and Release of Claims form.

8. Cell phones MUST be turned off during class; whether you are participating or sitting out.

9. Please feel free to talk with me any time during the semester regarding your progress or any problems you may be encountering pertaining to the class. **Have Fun!**

CLASS SCHEDULE: