

## **HESF 112 Fitness Kickboxing (MW Classes)**

- Instructor:** Christopher Ousley  
**Office:** 2025 Carmichael Gym  
**Email:** csousley@ncsu.edu  
**Course Meeting:** MW 1:55-2:45(006) & 3:00-3:50(007) (RB-court 6)  
**Office hours:** MW 4:00-5:00 TTH 10:00-11:00  
**Credit Hours:** One  
**Course Prerequisites, Corequisites:** None  
**Required Text:** *North Carolina State University Physical Education Department; Focus on Fitness and Wellness*; Latest Edition 2016; Hayden-McNeil; \$ 30.00 +  
**Required Equipment:** Students will be required to purchase boxing gloves (not MMA gloves). The weight of the gloves should be no lighter than 12 ounces. Boxing gloves range from 12 to 18 ounces. Boxing gloves can be purchased at the Bookstore or at a variety of sport stores or web sites such as title.com or amazon.com. Prices range from \$16.00 and up to over \$100.00. A \$16.00 pair of gloves will be satisfactory for this course.

**Course Description:** This course is designed to teach and apply the principles of lifetime physical fitness, utilizing the five major components of cardio-respiratory endurance, muscular strength, muscular endurance, flexibility and body composition. A variety of health and wellness issues will be addressed. The components of fitness will be met through structured paced fitness kickboxing activities as well as strength and endurance conditioning exercises.

### **GEP Objectives for Courses in the Category of Physical Education**

Each course in the physical education category of the General Education Program will provide instruction and guidance that help students to:

1. acquire the fundamentals of health-related fitness, encompassing cardio-respiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility and body composition; and
2. apply knowledge of the fundamentals of health-related fitness toward developing, maintaining, and sustaining an active and healthy lifestyle; and
3. acquire or enhance the basic motor skills and skill-related competencies, concepts, and strategies of physical activities and sport; and
4. gain a thorough working knowledge, appreciation, and understanding of the spirit and rules, history, safety, and etiquette of physical activities and sport.

### **GEP Student/Course Learning Outcomes**

By the end of this course, students will be able to:

1. Explain and perform the fitness requirements associated with physical activity including cardio-respiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility, and body composition.

2. Perform a variety of kickboxing strikes through in-class activities.
3. Discuss and explain how adopting healthy lifestyle practices will lead to lifelong wellness.
4. Identify and explain how the body responds during physical activity through cardio-respiratory exercise, muscular strength, and muscular endurance activities.
5. Explain how forms of exercise and fitness principles affect the intensity of an individual's workout.
6. Explain and demonstrate the ability to safely and correctly perform cardio-respiratory exercise, muscular strength, and muscular endurance activities.

**Grading:**

**Written Exams - 40%**

Students will be expected to demonstrate their knowledge of the material covered in class by completing two written exams at 20% each.

**Physical Fitness Testing 60%**

Standardized testing will be used to assess overall fitness levels. The plank (10%) test will assess muscular strength and endurance. A 1.5 mile run test (10%) and the 3 minute speed strike test (40%) will assess Cardio-respiratory endurance.

**Grading Scale:**

Each student has the option of taking the class for a letter grade (+/-), credit only, or audit.

|                       |                     |                      |
|-----------------------|---------------------|----------------------|
| <b>97-100 = A+</b>    | <b>93-96.99 =A</b>  | <b>90-92.99 =A-</b>  |
| <b>87 – 89.99 =B+</b> | <b>83-86.99 = B</b> | <b>80-82.99 =B-</b>  |
| <b>77-79.99 = C+</b>  | <b>73-76.99 = C</b> | <b>70-72.99 = C-</b> |
| <b>67-69.99 = D+</b>  | <b>63-66.99 = D</b> | <b>60-62.99 = D-</b> |
| <b>0-59.99 = F</b>    |                     |                      |

**Attendance:**

Students are expected to attend all classes and to arrive and leave at the scheduled times. The instructor will adhere to the university attendance policy. In case of an excused absence, the student will be allowed to make up any written work missed within one week of returning to class. Students are responsible for submitting such work and for scheduling make-up exams with the instructor.

See <http://policies.ncsu.edu/regulation/reg-02-20-03> for more information.

1. Five (5) absences are permitted without affecting your grade (excused or unexcused).
2. Six (6) or more total absences will result in a failing grade for the course.

**Requirements for Credit Only:** In order to receive a grade of S, students are required to take all exams and quizzes, complete all assignments, and earn a grade of C- or better. Conversion from letter grading to credit only (S/U) grading is subject to University deadlines. Refer to the Registration and Records calendar for deadlines related to grading. For more details refer to: [http://www.ncsu.edu/policies/academic\\_affairs/courses\\_undergrad/REG02.20.15.php](http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.15.php)

**NOTE: The student is responsible for requesting credit only grading on My Pack Portal by the University deadline.**

**Requirements for Audit: Students must attend all classes except written exams.** <http://policies.ncsu.edu/regulation/reg-02-20-04>

**Incomplete Grades:** <http://policies.ncsu.edu/regulation/reg-02-50-03>

Incomplete grades will be assigned only if unavoidable and unforeseen events occur, such as a medical emergency, preventing the student from completing a course requirement before the final grades are submitted. Incompletes must be made up before the end of the next regular semester in which the student is enrolled and in no case may be made up more than 12 months after the end of the semester in which the IN is awarded, unless the teacher or department offering the course is not able to provide the student with an opportunity to make up incomplete work, in which case the period can be extended. Make-up work is to be limited to accomplishing the work not completed.

**Electronic Hosted Course Components:** Students may be required to disclose personally identifiable information to other students in the course, via electronic tools like email or web postings, where relevant to the course. Examples include online discussions of class topics, and posting of student coursework. All students are expected to respect the privacy of each other by not sharing or using such information outside the course.

**Online class evaluations** will be available for students to complete during the last two weeks of the semester. Students will receive an email message directing them to a website where they can login using their Unity ID and complete evaluations. All evaluations are confidential: instructors will not know how any one student responded to any question, and students will not know the ratings for any instructors.

Evaluation website: <https://classeval.ncsu.edu/>

Student help desk: [classeval@ncsu.edu](mailto:classeval@ncsu.edu)

More information about ClassEval: <http://www.ncsu.edu/UPA/classeval/>

### **General Information:**

1. **Academic Integrity:** For all written assignments, students will be expected to adhere to the **University Honor Code**: “I have neither given nor received unauthorized aid on this test or assignment.” It is the understanding and expectation of the instructor that the student’s signature on any test or assignment means that the student neither gave nor received unauthorized aid. Consult the university website: <http://policies.ncsu.edu/policy/pol-11-35-01>

2. **Students with Disabilities:** Reasonable accommodations will be made for students with verifiable disabilities. In order to take advantage of available accommodations, students must register with Disability Services for Students at 1900 Student Health Center, Campus Box 7509, 515-7653. For more information on NC State's policy on working with students with disabilities, please see <http://policies.ncsu.edu/regulation/reg-02-20-01>
3. **Non-Discrimination Statement:** NC State University provides equality of opportunity in education and employment for all students and employees. Accordingly, NC State affirms its **commitment** to maintain a work environment for all employees and an academic environment for all students that is free from all forms of discrimination. Discrimination based on race, color, religion, creed, sex, national origin, age, disability, veteran status, or sexual orientation is a violation of state and federal law and/or NC State University policy and will not be tolerated. Harassment of any person (either in the form of quid pro quo or creation of a hostile environment) based on race, color, religion, creed, sex, national origin, age, disability, veteran status, or sexual orientation also is a violation of state and federal law and/or NC State University policy and will not be tolerated. Retaliation against any person who complains about discrimination is also prohibited. NC State's policies and regulations covering discrimination, harassment, and retaliation may be accessed at <http://policies.ncsu.edu/policy/pol-04-25-05> or [http://www.ncsu.edu/equal\\_op/](http://www.ncsu.edu/equal_op/). Any person who feels that he or she has been the subject of prohibited discrimination, harassment, or retaliation should contact the Office for Equal Opportunity (OEO) at 919-515-3148.
4. Due to the nature of the activities in this class, it may be necessary for safety reasons to have some amount of physical contact occur to assist in acquiring the proper form/technique. The students should inform the instructor if they do not want any physical contact to assist in acquiring the proper form/technique.
5. Every fitness activity has certain inherent risks, and regardless of precautions taken it is impossible to ensure total safety. Adhere to all safety guidelines to reduce your risk of injury.
6. Students may wear their own athletic clothing/shoes for class. The instructor will determine what is proper clothing. If you decide to check out clothing from UREC, be sure to return all clothing (shorts, t-shirts, and towels) by the last day of exams. Students will be charged for clothing not returned. All personal items left in the locker will be disposed of.
7. Pets and visitors are not allowed during class periods. Firearms, weapons, and/or fireworks are prohibited from class.
8. Cell phones and MP3 players are prohibited in class.

## HESF 112 Fitness Kickboxing Course Outline

**Date/W.O.                      Topic    Location    Readings**

|            |  |                     |             |
|------------|--|---------------------|-------------|
| 8/16 - 1   | Into., Syllabus, Safety Issues                       | Racquetball Court 6 |             |
| 8/21 - 1   | Striking Techniques                                  | Racquetball Court 6 |             |
| 8/23 - 2   | Striking Techniques                                  | Racquetball Court 6 |             |
| 8/28 - 3   | Benefits, Cardio-respiratory & Muscular Endurance    | Racquetball Court 6 | Ch. 1, 2, 3 |
| 8/30 - 4   | Kicking Techniques                                   | Racquetball Court 6 |             |
| 9/6 - 5    | Kicking Techniques/Flexibility                       | Racquetball Court 6 | Ch. 4       |
| 9/11 - 6   | Fitness Kickboxing                                   | Racquetball Court 6 |             |
| 9/13 - 7   | Fitness Kickboxing/Body Composition                  | Racquetball Court 6 | Ch. 5       |
| 9/18 - 8   | Fitness Kickboxing                                   | Racquetball Court 6 |             |
| 9/20 - 9   | Fitness Kickboxing                                   | Racquetball Court 6 |             |
| 9/25       | Cardiovascular Disease/Nutrition                     | Classroom 2015      | Ch. 6 & 7   |
| 9/27 - 10  | Fitness Kickboxing                                   | Racquetball Court 6 |             |
| 10/2       | <b>Midterm Exam</b>                                  | Classroom 2015      |             |
| 10/4 - 11  | Fitness Kickboxing                                   | Racquetball Court 6 |             |
| 10/9 - 12  | Fitness Kickboxing                                   | Racquetball Court 6 |             |
| 10/11 - 13 | Fitness Kickboxing                                   | Racquetball Court 6 |             |
| 10/16 - 14 | Fitness Kickboxing                                   | Racquetball Court 6 |             |
| 10/18 - 15 | Fitness Kickboxing                                   | Racquetball Court 6 |             |
| 10/23 - 16 | Fitness Kickboxing (Stress)                          | Racquetball Court 6 | Ch. 8       |
| 10/25 - 17 | Fitness Kickboxing (Cancer)                          | Racquetball Court 6 | Ch. 11      |
| 10/30 - 18 | Fitness Kickboxing                                   | Racquetball Court 6 |             |
| 11/1 - 19  | Fitness Kickboxing                                   | Racquetball Court 6 |             |
| 11/6 - 20  | Fitness Kickboxing                                   | Racquetball Court 6 |             |
| 11/8       | STI's  | Classroom 2015      | Ch. 12      |
| 11/13 - 21 | Fitness Kickboxing                                   | Racquetball Court 6 |             |
| 11/15      | Plank Test/ <b>Final Exam</b> /Speed Strike Practice | Racquetball Court 6 |             |
| 11/20      | 1.5 Mile Run Test                                    | Racquetball Court 6 |             |
| 11/27      | Speed Strike Test                                    | Racquetball Court 6 |             |
| 11/29      | F. K. (if needed Makeup Testing)                     | Racquetball Court 6 |             |
|            |  |                     |             |

## Cardio-respiratory Endurance

**1.5 Mile Run (10%)** The 1.5 mile run test should be completed with a continuous run. Any walking would constitute the end of the test.

| <b>1.5 Mile Run Scale</b> |                   |                     |
|---------------------------|-------------------|---------------------|
| <b>Male Times</b>         | <b>Percentage</b> | <b>Female Times</b> |
| < 8:40                    | 100               | < 10:00             |
| 8:41 – 9:00               | 98.3              | 10:01 – 10:20       |
| 9:01 – 9:20               | 96.7              | 10:21 – 10:40       |
| 9:21 – 9:40               | 95                | 10:41 – 11:00       |
| 9:41 – 10:00              | 93.3              | 11:01 – 11:20       |
| 10:01 – 10:20             | 91.7              | 11:21 – 11:40       |
| 10:21 – 10:40             | 90                | 11:41 – 12:00       |
| 10:41 – 11:00             | 88.3              | 12:01 – 12:20       |
| 11:01 – 11:20             | 86.7              | 12:21 – 12:40       |
| 11:21 – 11:40             | 85                | 12:41 – 13:00       |
| 11:41 – 12:00             | 83.3              | 13:01 – 13:20       |
| 12:01 – 12:20             | 81.7              | 13:21 – 13:40       |
| 12:21 – 12:40             | 80                | 13:41 – 14:00       |
| 12:41 – 13:00             | 78.3              | 14:01 – 14:20       |
| 13:01 – 13:20             | 76.7              | 14:21 – 14:40       |
| 13:21 – 13:40             | 75                | 14:41 – 15:00       |
| 13:41 – 14:00             | 73.3              | 15:01 – 15:20       |
| 14:01 – 14:20             | 71.7              | 15:21 – 15:40       |
| > 14:21                   | 70                | > 15:41             |
| Unable to finish          | 0                 | Unable to finish    |

*\*Source:*

*Physical Education Department; North Carolina State University 2007*

## Cardio-respiratory Endurance

**Speed Strike Test – 3 minutes (40%)** Students will strike the heavy bag continuously for 3 minutes using a combination (1-2-3-RK) of Jab-Cross-Hook-Roundhouse Kick cycles. Students must rotate upper/lower body as they strike the bag. Students will strike the bag for 30 secs in the left foot forward stance and then 30 secs in the right foot forward stance and keep switching every 30 secs until 3 minutes is completed. The Instructor will count the number of cycles completed in three minutes by counting the number of kicks.

| <b>Number of Combination Cycles</b> | <b>Points for # of Combination Cycles</b> |
|-------------------------------------|---|
| 120+                                | 40  |
| 119                                 | 39.5                                      |
| 118                                 | 39  |
| 117                                 | 38.5                                      |
| 116                                 | 38  |
| 115                                 | 37.5                                      |
| 114                                 | 37  |
| 113                                 | 36.5                                      |
| 112                                 | 36  |
| 111                                 | 35.5                                      |
| 110                                 | 35  |
| 109                                 | 34.5                                      |
| 108                                 | 34  |
| 107                                 | 33.5                                      |
| 106                                 | 33  |
| 105                                 | 32.5                                      |
| 104                                 | 32  |
| 103                                 | 31.5                                      |
| 102                                 | 31  |
| 101                                 | 30.5                                      |
| 100                                 | 30  |
| 99                                  | 29.5                                      |
| 98                                  | 29  |
| 97                                  | 28.5                                      |
| 96                                  | 28  |
| 95                                  | 27.5                                      |
| 94                                  | 27  |
| 93                                  | 26.5                                      |
| 92                                  | 26  |
| 91                                  | 25.5                                      |
| 90                                  | 25  |
| 89                                  | 24.5                                      |
| 88                                  | 24  |
| 87 & below = F                      |   |

## **Muscular Strength/Endurance**

### **Forearms Plank Test (10%)**

This is a static hold to test total body endurance. The body is supported by the forearms (elbow down) and toes. The body must be in alignment, with navel to spine and glutes engaged – cervical spine in neutral. The neck/head cannot move up or down, or side to side. The feet cannot be placed against a support wall, etc.

Hold the position as long as possible, maintaining proper alignment.

| <b>Points</b> | <b>%</b>   | <b>Min:Sec</b> |
|---------------|------------|----------------|
| <b>10.0</b>   | <b>100</b> | 4:00           |
| <b>9.5</b>    | <b>95</b>  | 3:30           |
| <b>9.0</b>    | <b>90</b>  | 3:00           |
| <b>8.5</b>    | <b>85</b>  | 2:45           |
| <b>8.0</b>    | <b>80</b>  | 2:30           |
| <b>7.5</b>    | <b>75</b>  | 2:15           |
| <b>7.0</b>    | <b>70</b>  | 2:00           |
| <b>6.5</b>    | <b>65</b>  | 1:45           |
| <b>6.0</b>    | <b>60</b>  | 1:30           |