LABETTE COMMUNITY COLLEGE BRIEF SYLLABUS

SPECIAL NOTE:
This brief syllabus is not intended to be a legal contract. A full syllabus will be distributed to students at the first class session.

TEXT AND SUPPLEMENTARY MATERIALS USED IN THE COURSE (if any):

Please check with the LCC bookstore http://www.labette.edu/bookstore for the required texts for this class.

COURSE NUMBER: SPEC 125
COURSE TITLE: TOPICS IN PERSONAL ENRICHMENT (KICKBOXING)
SEMESTER CREDIT HOURS: .5 - 5
DEPARTMENT: Workforce Education/Career Training/Personal Enrichment
DIVISION: Continuing Education/Workforce
PREREQUISITE: None
REVISION DATE: 5/2013

COURSE DESCRIPTION:
Topics in Lifelong Learning are designed to provide a framework for exploration of specific continuing education topics.

Kickboxing is practiced for self-defense, fitness or as a contact sport. Originally developed in Japan, it’s a sport that combines Karate, Muay Thai and boxing and uses punching, kicking, knee and elbow strikes and defense.

COURSE OUTCOMES AND COMPETENCIES:
Students who successfully complete this course will be able to:

1. Practice Kickboxing
   - Execute 6 basic punches.
   - Execute 5 basic kicks.
   - Execute kicks and punches in a fluent combination.