

Dakota College at Bottineau Course Syllabus

Course Prefix/Number/Title: HPER 101 - 18560 / Turbo Kick

Number of credits: 0.5

Course Description:

The unique Turbo Kick movement patterns, combinations and techniques work together to give YOU the ultimate cardiovascular workout! Each full body session consists of a sport specific warm-up, higher paced intervals, easy to follow combinations, kick boxing specific strength/endurance training and a nice cool-down.

Pre-/Co-requisites:

A medical release from their doctor if a student has had recent surgery and/or physical therapy. If a student has any physical limitations, poses and stretches will be modified to accommodate their physical needs.

Course Objectives:

Turbo Kick class is a cardio kickboxing, hip hop and interval training mixed together and jammed into one heart-pumping 50 minutes! We can reap the fitness benefits of burning calories, toning muscles, and increase cardio strength with this unique combination of intense kickboxing moves and routines choreographed to high energy & motivating music. A strong emphasis is based upon mastering safe, strong execution of the moves in order to get results. Choreographic complexity is tailored to the participants in the room.

Instructor: [Crystal Grenier](#); NASM-CPT, AFAA, PM, PR, Yoga Fit, Zumba Fitness, Turbo Kick

Office: None

Office Hours: Available upon request to meet

Phone: (cp) 701-550-9531 or (wp) 701-228-5649

Email: crystal.grenier@dakotacollege.edu

Lecture/Lab Schedule: Thursdays, 11:00 am in the gymnasium

Textbook(s): None

Materials of Instruction:

Please wear comfortable clothing for exercise (no jeans). Get a good tennis shoe for movement (cross trainer or kick box shoe). Don't forget your water and a towel!

Course Requirements:

Your class participation will be based upon a point system. Each class session is worth 5 points. We have 16 classes in the Spring Semester. You have 80 points total to receive an A in this class. So depending on how many classes you miss, points will be calculated and your grade will be determined on a point scale system. You must participate fully in all classes and complete a Health History Questionnaire.

1 class missed - 94% A 2 classes missed - 88% B

3 classes missed - 81% B 4 classes missed - 75% C

5 classes missed - 69% D 6 classes missed - 63% D

7 or more classes missed - 56% F

Missed classes can be made up by attending one or more of my classes at the New Dimension Fitness Center in Bottineau. I will be teaching 3 classes; Mondays; Zumba @ 5:30pm; Thursdays; P2P @ 5:30pm, and Saturdays; Yoga/Core @ 10:00am. You are only allowed 4 make-up classes per semester.

Tentative Course Outline:

Weeks 1-3: Technique Training for 10-15 minutes, and then Basic 35 minute workout with Warm-up, Punches, Kicks, Turbo, Recovery, Finale, Abs, and Cool-down.

Weeks 4-16: Introduce other Turbo Kick routines/choreography. Classes will advance to full 50 minutes with the basic skills learned above plus added combinations.

General Education Goals/Objectives:

This course meets General Education Goal 5: Employs the principles of wellness (Objective 1; Skill 2).

Relationship to Campus Theme:

As a group, we will learn different cardiovascular combinations/intervals that are exhilarating, easy, safe, and are an effective total body workout. A social environment will be created to enhance self-esteem and general well-being. We will focus on improving our balance, posture and alignment while getting rid of our stress, depression and anxiety. We will also learn how to assess our Target Heart Rate based upon age. By working aerobically in your heart rate range, you can efficiently burn the most calories.

Classroom Policies:

By participating fully (mentally and physically) in each class session, the student will notice significant changes in his/her body. Please refer to the Requirements section stated above which must be adhered to in order to receive your grade. You will have to attend and participate in order to receive a grade.

Academic Integrity:

Please be true to yourself and your body. Be patient and persistent with your practices as they will give you gratitude and self-satisfaction daily.

Disabilities and Special Needs:

Please inform the instructor within the first week of classes if modifications are needed due to disabilities or special needs.