

## **Dakota College at Bottineau Course Syllabus**

**Course Prefix/Number/Title:** HPER 101 – 19039

***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 will be required from their doctor if a student has had recent surgery and/or physical therapy. If a student has any physical limitations, ranges of movement 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:** MC 22

**Office Hours:** Available upon request to meet

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

**Email:** [crystal.grenier@dakotacollege.edu](mailto: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 Fall 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 complete a Heath History Questionnaire, a VO2 Max Heart Rate Test and, participate fully in all classes.***

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

### **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. Individually, by testing our Max VO2 at the beginning of the semester and again at the end, we can see if we are using the maximal amount of oxygen per minute during our turbo kick workout. Training at the correct intensity for each type of workout optimizes the body's response, giving you the greatest workout efficiency. Recovery resources are important to an optimal workout, and can be found in the following: glycogen storage; muscular recovery; connective tissue damage; injury risk (psychological factors); etc. Though these are limited resources, exercising at the right pace during each workout makes the best use of them. This allows you to benefit maximally from each workout and gets you ready sooner for the next key workout.

### **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.