BARTON COUNTY COMMUNITY COLLEGE

**COURSE SYLLABUS**

**FALL 2013**

# GENERAL COURSE INFORMATION

Course Number: PHED 1329

Course Title: Turbo Kick®

Credit Hours: 1

Prerequisite: None

Division/Discipline: Academics Division/PHED

Course Description:  Turbo Kick® is cardio kickboxing. It’s a combination of high intensity kickboxing moves, as well as, dance moves all perfectly choreographed to high energy and motivating music. It’s the ultimate cardiovascular challenge that’s a unique blend of intense intervals strength/endurance training, and a relaxing cool-down. Turbo Kick® requires no previous kickboxing experience or equipment, and great for beginners or athletes. .

# CLASSROOM POLICY

Students and faculty of Barton County Community College constitute a special community engaged in the process of education. The College assumes that its students and faculty will demonstrate a code of personal honor that is based upon courtesy, integrity, common sense, and respect for others both within and outside the classroom.

The College reserves the right to suspend a student for conduct that is detrimental to the College's educational endeavors as outlined in the College catalog.

Plagiarism on any academic endeavors at Barton County Community College will not be tolerated. Learn the rules of, and avoid instances of, intentional or unintentional plagiarism.

Anyone seeking an accommodation under provisions of the Americans with Disabilities Act should notify Student Support Services.

# COURSE AS VIEWED IN THE TOTAL CURRICULUM

Turbo Kick® is an approved general education course at BCCC, which can be used to fulfill one of the degree requirements for two activity courses.

The transferability of all college courses will vary among institutions, and perhaps even among departments, colleges, or programs within an institution. Institutional requirements may also change without prior notification. Students are responsible to obtain relevant information from intended transfer institutions to insure that the courses the student enrolls in are the most appropriate set of courses for the transfer program.

# ASSESSMENT OF STUDENT LEARNING / COURSE OUTCOMES

Upon completion of this course students should expect:

1. Improved physical fitness level.
2. Increased Flexibility and Strength
3. Improved Balance and Posture
4. Improved cardiovascular fitness
5. Learn basic Turbo Kick moves and exercises
6. Experience better overall coordination of arm and leg movements
7. Demonstrate mind and body connection incorporating breathing with movements

# INSTRUCTOR'S EXPECTATIONS OF STUDENTS IN CLASS

# TEXTBOOKS AND OTHER REQUIRED MATERIALS

N/A

# REFERENCES

# METHODS OF INSTRUCTION AND EVALUATION

# ATTENDANCE REQUIREMENTS

# COURSE OUTLINE

**Course Attendance Policy**

As a part of its mission to improve the social, economic, and personal life of its students, Barton County Community College acknowledges its responsibility to prepare them for future academic and professional endeavors. Therefore, students are encouraged to develop a professional ethic that reflects personal responsibility, personal initiative, and teamwork. In context to that commitment, students are expected to attend all class meetings. Absence from a class meeting results not only in missed subject matter of the course but also in diminished opportunities for contributing to the learning environment. Poor attendance in class may cause students to lose financial aid according to federal guidelines and will diminish both professional and academic progress.

GUIDELINES

1. 1. Barton County Community College expects students to attend all class meetings.
2. 2. Instructors will state the attendance policy in their course syllabus and review it with the students at the first class meeting. Instructors have the option of making adjustments to this policy, but any such changes will be explained both in the syllabus and in class at the beginning of the semester. Certain departments may have more stringent requirements.
3. 3. Instructors will keep a weekly record of attendance to comply with federal financial aid guidelines.
4. 4. If absences become excessive, the instructor(s) may notify a student of his/her status and may also contact his/her advisor, coach, and/or Student Support Services personnel to assist the student.
5. 5. Although an instructor may recommend that a student drop a class when absences have adversely affected the student’s grade, it is the student’s responsibility to drop the class, not the instructor’s.
6. 6. When an absence is unavoidable (e.g., due to extended illness), the student should initiate contact with the instructor(s) who may, in some instances, require verification. Documented absences do not remove the student’s responsibility to complete the class work missed.
7. 7. When an absence is related to a planned extracurricular activity (such as a field trip, fine arts production, conference, or intercollegiate event), the student and/or the assigned sponsors are responsible for one week’s prior notification to the instructor(s). However, in unique situations when an absence is related to an urgent, yet unforeseen, need (e.g. a vehicle breaks down on a return trip to campus), the student and/or the assigned sponsors are responsible for the immediate notification of the students’ instructor(s.) Further, if a student is absent from any class meetings because of a college-related activity, the student is required to complete missed class work. Failure to complete missed class work will adversely affect the course grade.
8. 8. Arriving late to a class meeting may cause a student to miss important information, and causes a disruption to the entire class. Tardiness may be counted as an absence.
9. 9. A student who enrolls late may be asked to complete a Learning Contract with his/her instructor(s) and will be required to make up all required assignments, according to the Late Registration Policy.