

**Cardio Kickboxing: EXSA 0164
UTA Spring 2009**

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Office Hours: By appointment.

Cardio kickboxing: EXSA 0164 UTA Spring 2009

Monday & Wednesday 10:00-10:50 am

Tuesday & Thursday 08:00- 08:50 am

All sections held in Student Activities Building

Course Description

This course is designed to improve muscular strength, endurance, flexibility, cardiovascular endurance. Students will be provided with a basic knowledge of kickboxing moves, the benefits associated with cardiovascular workout, and knowledge of basic skills needed to pursue independent training as part of their lifetime fitness program.

Course Objectives

The student will be able to:

1. Improve muscular strength, cardiovascular endurance, and their fitness level.
2. Demonstrate a basic working knowledge of kickboxing moves and discuss the benefits associated with a cardiovascular workout.
3. Summarize, critique and formulate lifestyle behaviors and nutritional choices that will contribute to a healthy lifetime fitness and wellness program.

Course Evaluation

Exams	20%
Class Participation	60%
Final Exam	20%

Grading Scale

A = 90-100

B = 80-89

C = 70-79

D = 60-69

F = 0-59

Attendance and active participation are critical for success in this course!

Four free absences to use as you please. Three tardies equal one absence. Doctor's notes DO NOT negate missed classes. University excused absences must be made up to receive credit. You will be tardy if you are not present 5 minutes after the start of class. You will be counted absent if you are not present 15 minutes after the start of class. It is your responsibility to check in with the instructor if you are late to class. Absences will not be changed at the end of the semester. **NOTE: Cell phones are to be turned OFF and kept in purses/backpack at ALL times.**

Attendance Grading System:

Every student starts the semester with 100 total points all unexcused absences will be 5 points taken from the 100 total points.

Undergraduate Drop Date (with a "W"): April 3rd 2009

Required Text None

Required Supplies Comfortable workout clothes (NO jeans), towel, notebook, pen, jump Rope and boxing wraps.

Americans with Disabilities Act:

The University of Texas at Arlington is on record as being committed to both the spirit and letter of federal equal opportunity legislation; reference Public Law 92-112 - The Rehabilitation Act of 1973 as amended. With the passage of federal legislation entitled *Americans with Disabilities Act (ADA)*, pursuant to section 504 of the Rehabilitation Act, there is renewed focus on providing this population with the same opportunities enjoyed by all citizens.

As a faculty member, I am required by law to provide "reasonable accommodations" to students with disabilities, so as not to discriminate on the basis of that disability. Student responsibility primarily rests with informing faculty of their need for accommodation and in providing authorized documentation through designated administrative channels. Information regarding specific diagnostic criteria and policies for obtaining academic accommodations can be found at www.uta.edu/disability. Also, you may visit the Office for Students with Disabilities in room 102 of University Hall or call them at (817) 272-3364.

Academic Integrity

It is the philosophy of The University of Texas at Arlington that academic dishonesty is a completely unacceptable mode of conduct and will not be tolerated in any form. All persons involved in academic dishonesty will be disciplined in accordance with University regulations and procedures. Discipline may include suspension or expulsion from the University.

"Scholastic dishonesty includes but is not limited to cheating, plagiarism, collusion, and the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts." (Regents' Rules and Regulations, Series 50101, Section 2.2)

Student Support Services Available:

The University of Texas at Arlington supports a variety of student success programs to help you connect with the University and achieve academic success. These programs include learning assistance, developmental education, advising and mentoring, admission and transition, and federally funded programs.

Students requiring assistance academically, personally, or socially should contact the Office of Student Success Programs at 817-272-6107 for more information and appropriate referrals.

E-Culture Policy:

The University of Texas at Arlington has adopted the University email address as an official means of communication with students. Through the use of email, UT-Arlington is able to provide students with relevant and timely information, designed to facilitate student success. In particular, important information concerning registration, financial aid, payment of bills, and graduation may be sent to students through email.

All students are assigned an email account and information about activating and using it is available at www.uta.edu/email. New students (first semester at UTA) are able to activate their email account 24 hours after registering for courses. There is no additional charge to students for using this account, and it remains active as long as a student is enrolled at UT-Arlington. Students are responsible for checking their email regularly.