

PAK216 – KICKBOXING FITNESS INSTRUCTOR

BEHAVIORAL OBJECTIVES

The training objectives are divided into seven sections: kickboxing and martial arts, physical fitness, safety guidelines, instructor guidelines, class structure, basic kickboxing movements, and nutrition review. At the end of this training, the instructor will demonstrate an understanding of the basic-principles that follow:

SECTION1: KICKBOXING AND MARTIAL ARTS

- define kickboxing
- define martial arts
- explain the yin yang symbol
- list 16 benefits of martial arts added to a fitness program
- identify at least one martial art from each of 15 countries and 10 popular forms in the United States
- list and explain the 4 aspects of martial arts
- define master, sensei and dojo
- discuss the evolution of martial arts
- list and explain 3 types of training and fighting strategies
- name 3 alternative words for energy and the country of origin
- discuss the following: the human energy field, energy meridians, chakras, hara, and tan tien
- explain the use of weapons in martial arts
- list and explain 25 terms used when discussing martial arts techniques that use the body as a weapon
- explain the concept of using energy as a weapon
- explain the types of weapons used in martial arts
- explain the role of meditation in martial arts
- explain the use of visualization and breathing
- discuss the following: role of women in traditional martial arts, the concept of respect, competition, training and studying, how to choose a school of traditional martial arts

SECTION 2: PHYSICAL FITNESS

- explain the concept of adapting martial arts movements to use in a traditional fitness class
- define physical fitness, components of fitness, principles of training, and their relationship of kickboxing to physical fitness
- discuss how kickboxing is adapted to fit into a traditional fitness class
- list the types of muscle contractions
- list and explain the 3 energy systems

- calculate a target heart rate using the Karvonen formula
- discuss resting heart rate, activity heart rate and cool down heart rate, pulse sites and methods of determining a heart rate count

SECTION 3: SAFETY GUIDELINES

- explain safe training methods
- list 6 general factors that can cause injury
- define contraindicated exercise and list the top 10 risky exercises
- define microtrauma
- list 12 common exercise related injuries
- explain proper class structure and the importance of monitoring intensity
- discuss the following: muscle balance, control, choreography guidelines, music tempo, body alignment, logical transitions,
- explain the following: reasons to keep kicks low, avoiding risky movements, performing a reasonable number of repetitions, using muscular control when jumping, paying attention to discomfort and soreness,
- list 21 specific kickboxing for fitness instructors safety guidelines

SECTION 4: INSTRUCTOR GUIDELINES

- list 14 instructor responsibilities
- discuss 6 recommendations to prepare for teaching a fitness kickboxing class
- list 4 major legal issues an instructor must consider
- discuss the 3 stages of learning
- list 18 teaching tips

SECTION 5: CLASS STRUCTURE

- explain class structure, listing specific exercises used in each section and when to monitor intensity

SECTION 6: BASIC KICKBOXING MOVEMENTS

- perform the following recommended kickboxing movements recommended by ESA to promote muscle balance and joint safety: 3 basic hand positions, 2 basic stances, 9 basic punches, strikes and blocks, and 6 basic kicks
- list and explain 7 general choreography guidelines
- explain 6 methods of linking and combining basic movements to create choreography

SECTION 7: NUTRITION REVIEW

- define the following: nutrition, nutrient, the major nutrients, fiber, nutritional relevance
- list at least one source for each major nutrient
- explain the formula to determine adequate calories
- explain nutrient density and recommended amount of each major nutrient
- explain the effects if inadequate and excessive intake of each major nutrient
- define RDA
- discuss at least 12 general hydration guidelines
- explain the Food Pyramid and how to use it
- discuss a pre-exercise meal
- discuss overweight, underweight, and obesity and strategies to gain and lose weight
- discuss methods of measuring body composition
- define a high protein diet and discuss potential risks
- discuss the Dietary Guidelines for Americans
- discuss the recommended strategy for weight maintenance