CENTRAL TEXAS COLLEGE  
SYLLABUS FOR KINE 1123  
MUAY THAI KICKBOXING I

INSTRUCTION ________________________  
OFFICE HOURS _______________________

I. INTRODUCTION  
   a. Students will participate in structured workout programs geared to specific goals and the application of proper Thai kickboxing skills. Students will also be exposed to various resistance and endurance exercises related to improving overall kicking and punching power.  
   b. This course meets curriculum requirements for the Central Texas College programs for an Associate Degree and the transferability of courses to other institutions.

II. OBJECTIVES OF THE COURSE  
   a. Experience levels of anaerobic and aerobic conditioning as it is related to Muay Thai.  
   b. Experience improvements in muscular endurance  
   c. Experience improvements in muscular strength  
   d. Learn the basic history of Muay Thai  
   e. Proper application of skills learned

III. INSTRUCTIONAL MATERIALS  
   a. Text: The instructional materials identified for this course are viewable through www.ctcd.edu/books  
   b. References: Handouts and forms provided by the instructor

IV. COURSE REQUIREMENTS  
   a. Attend class and be on time  
   b. Suit out in required dress code  
   c. Participate in class activities and include teammates  
   d. Take all exams  
   e. Participate in skill evaluation

V. GRADE COMPUTATION  
   a. Participation* =40%  
   b. Mid-term =20%  
   c. Final =20%  
   d. Skills =20%

*participation grade will include suiting out in proper attire, positive contributions to class and group activities, promptness in beginning activities, constant effort toward activity objectives, and demonstration of good sportsmanship and attitude.
ABSENCES AND TARDIES:

- **Absences numbers one (1) and two (2) - No penalty.**

- **Absence number three (3) - 5 points** will be deducted from your final grade (based on 100 point scale).

- **Absence number four (4) - 10 points** will be deducted from your final grade (based on 100 point scale).

- Should you exceed **four (4) absences**, you will be withdrawn from the class. (See “CTC Absentee Policy” in college catalogue)

- **Two (2) points** will be deducted from your final grade for each tardy.

- **There will be no make-up classes.**

The student will be required to provide a documented excuse when he/she misses either written exams or skills tests. It will be his/her responsibility to arrange with the instructor to make up the exam. Students who fail to make such arrangements immediately upon their return to class will not be allowed to take the test.

ATTENDANCE PROCEDURES:

It will be the responsibility of the student to sign the attendance sheet before beginning class. Students arriving late to class must sign a tardy sheet. Students who arrive more than 15 minutes after class-time will be counted absent. Students who leave class early without consulting with the instructor will be counted absent. Students who sign in and leave class will be penalized and subject to administrative withdrawal. This action will be considered academic dishonesty.

Disability Support Services provides services to students who have appropriate documentation of a disability. Students requiring accommodations for class are responsible for contacting the Office of Disability Support Services (DSS) located on the central campus. This service is available to all students, regardless of location. Explore the website at [www.ctcd.edu/disability-support](http://www.ctcd.edu/disability-support) for further information. Reasonable accommodations will be given in accordance with the federal and state laws through the DSS office.