THE COLLEGE OF THE FLORIDA KEYS
RECREATION AND LEISURE - TR12
COMMUNITY EDUCATION - COURSE PROPOSAL
COURSE FEE CALCULATION WORKSHEET

COURSE NUMBER: REC 0192 **COURSE NAME:** Modern Martial Arts: The Practice of Self-Discipline and Self-Defense
LOCATION: Key West **CCICS NUMBER:** 1.27.03

DESCRIPTION: This program offers a modern, principle-based martial arts training that combines physical fitness, technical striking, and mental discipline to foster confidence, focus, and emotional balance. Drawing from boxing, kickboxing, and Muay Thai, students develop coordination, balance, and strength while embracing nine foundational pillars: discipline, courtesy, respect, strength, spirit, perseverance, honesty, effort, and excellence. Through structured progression, participants learn self-defense and personal growth—transforming themselves physically, mentally, and spiritually.

Anticipated Number of Students:	8	Maximum Class Size:	30
Planned Hours of Instruction:	16.00	Minimum Class Size:	3
Contact Hours	16.00	2 classes per week/1 hour each/8 weeks	

CLASS MEETING & REGISTRATION

Beginning Date:	1/20/2026	Ending Date:	3/12/2026
Location/Room #:	TWFAC 2407	Last Refund Date:	
Weekdays:	TR	Class Hours:	1800-1900

INSTRUCTIONAL COST

Name	Instructor ID No.	Salary	Benefits		Totals
Rashad Harper		800.00	61.20		861.20
			-		-
				Sub-Total	861.20

Other Costs(1)

(Descriptions)	Amount per Student	
		-
		-
		-
		-
		-
		-
		-
		-
	Sub-Total	-

(1) If these costs are itemized on another planning form, the per student total can be entered on the first line under Amount per Student

Market Adjustment Explanation:

To round off course fee per student.

Total Direct	861.20
Indirect Cost	645.90
Market Adjustment	9.45
Profit Margin	227.48
TOTAL	1,744.03
Per Student	218.00
Hourly Rate per Student	6.81

Melissa Hertzog Digitally signed by Melissa Hertzog Date: 2025.11.05 15:35:47 -05'00'
Signature Director

Jack Seubert Digitally signed by Jack Seubert Date: 2025.11.05 13:28:14 -05'00'
Signature Dean

NOTE: This form should be filed with your department's course planning records.