

**PHYED 72.1 Course Outline as of Fall 2003****CATALOG INFORMATION**

Dept and Nbr: PHYED 72.1 Title: BOXING - BEG.

Full Title: Beginning Boxing

Last Reviewed: 4/13/2020

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	2.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	4.00	6	Lab Scheduled	70.00
		Contact DHR	0		Contact DHR	0
		Contact Total	4.00		Contact Total	70.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 70.00

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 22 - 4 Times in any Comb of Levels

Also Listed As:

Formerly: PE 78

**Catalog Description:**

Beginning Boxing is a course designed to challenge/build cardiovascular efficiency, muscular strength, endurance, coordination, agility, balance, fitness, and flexibility. Students will be introduced to basic boxing fundamentals.

**Prerequisites/Corequisites:****Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: Beginning Boxing is a course designed to challenge/build cardiovascular efficiency, muscular strength and flexibility. This course introduces students to basic boxing fundamentals while enhancing fitness balance, flexibility and strength levels. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: 4 Times in any Comb of Levels

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:

<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:
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<b>CSU Transfer:</b>	Transferable	Effective:	Fall 2000	Inactive:
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<b>UC Transfer:</b>	Transferable	Effective:	Fall 2000	Inactive:
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**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

Upon completion of this course a student will:

1. Demonstrate the technical elements of boxing which include stance and hand positioning.
2. Become competent in defensive tactics.
3. Demonstrate competency in offensive tactics.
4. Demonstrate appropriate footwork for boxing.
5. Develop cardio-vascular fitness appropriate to beginning level boxing.
6. Demonstrate competency in medicine ball and swiss ball conditioning.
7. In speed work, demonstrate appropriate skills relating to foot speed and agility.
8. Exhibit proficiency and the utilization of boxing equipment i.e. gloves, head gear, speed bag, heavy bag.

### **Topics and Scope:**

#### I. Basic Hand Skills

- A. Jab
- B. Straight
- C. Cross
- D. Hook
- E. Upper Cut

#### II. Movement

- A. Step in - step back
- B. Step/slide left and right
- C. Duck and punch
- D. Bob and weave

#### III. Defensive Stance

- A. Catch and parry

- B. Slip
- C. Counter punching
- D. Working off the ropes

IV. Cardio

- A. Track work
- B. Abdominal work
- C. Push ups and pull ups
- D. Endurance training

**Assignment:**

Observe professional boxing bout from technical aspect.

**Methods of Evaluation/Basis of Grade:**

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Term papers	Writing 10 - 20%
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**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None	Problem solving 0 - 0%
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**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Performance exams	Skill Demonstrations 20 - 40%
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**Exams:** All forms of formal testing, other than skill performance exams.

Multiple choice	Exams 20 - 40%
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**Other:** Includes any assessment tools that do not logically fit into the above categories.

Attendance	Other Category 40 - 60%
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**Representative Textbooks and Materials:**