KCOMB 4.1 Course Outline as of Fall 2021

CATALOG INFORMATION

Dept and Nbr: KCOMB 4.1 Title: INTRODUCTION TO BOXING
Full Title: Introduction to Boxing
Last Reviewed: 4/13/2020

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.50	Lab Scheduled	3.00	3	Lab Scheduled	52.50
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 26.25 Total Student Learning Hours: 78.75

Title 5 Category:	AA Degree Applicable
Grading:	Grade or P/NP
Repeatability:	00 - Two Repeats if Grade was D, F, NC, or NP
Also Listed As:	
Formerly:	PHYED 72.1

Catalog Description:
This course is designed to introduce students to beginning boxing fundamentals, as well as challenge and build cardiovascular efficiency, muscular strength and flexibility with respect to boxing.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: This course is designed to introduce students to beginning boxing fundamentals, as well as challenge and build cardiovascular efficiency, muscular strength and flexibility with respect to boxing. (Grade or P/NP)
Prerequisites/Corequisites:
Recommended:
Limits on Enrollment:

Transfer Credit: CSU;UC.
Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	**Area**			Effective:	Inactive:
CSU GE:	**Transfer Area**			Effective:	Inactive:
IGETC:	**Transfer Area**			Effective:	Inactive:
CSU Transfer:	Transferable	Effective:	Fall 2000	Inactive:	
UC Transfer:	Transferable	Effective:	Fall 2000	Inactive:	

CID:

Certificate/Major Applicable:
Major Applicable Course

COURSE CONTENT

Student Learning Outcomes:
At the conclusion of this course, the student should be able to:
1. Demonstrate an understanding of boxing rules and concepts.
2. Apply boxing footwork techniques and competition training techniques.
3. Execute basic boxing attacks, defenses, and counter-attacks.

Objectives:
Students will be able to:
1. Demonstrate the technical elements of boxing.
2. Display competency in defensive boxing tactics.
3. Demonstrate competency in offensive tactics.
4. Demonstrate appropriate footwork and movements for boxing.
5. Develop cardiovascular and core fitness appropriate to boxing.
6. Demonstrate appropriate skills relating to foot speed and agility.
7. Exhibit proficiency and the utilization of boxing equipment.

Topics and Scope:

I. Technical Elements of Boxing
  A. Stance
  B. Weight distribution
  C. Positioning
    1. Upper body
    2. Hand
    3. Head
II. Defensive Tactics
  A. Shoulder roll
  B. Elbow tuck
  C. Sway
  D. Duck

E. Catch and parry
F. Slip
G. Counter punching
H. Working off the ropes

III. Offensive Tactics
A. Jab
B. Double-jab
C. 1-2 combos
D. 3-punch combo
E. Uppercut

IV. Footwork
A. Front foot light and open
B. Back foot grounded and inward

V. Movements
A. Step in - step back
B. Step/slide left and right

VI. Cardiovascular Training
A. Track work
B. Push-ups and pull-ups
C. Endurance training; preparation for multiple 2-minute rounds with 30-second recovery periods

VII. Core Training
A. Medicine ball
B. Swiss ball

VIII. Foot Speed
A. Speed ladder
B. Jump rope
C. Bleachers
D. Hurdles

IX. Overview of Boxing Equipment
A. Gloves
B. Headgear
C. Speed bag
D. Heavy bag

Assignment:

1. Fitness assessment such as pre and post-testing
2. Performing exercises for cardio/respiratory conditioning, muscular strength and endurance, and/or flexibility
3. Objective quizzes, midterm and/or final exam
4. Performance exams

May include:
1. Writing reports and/or journals
2. Calculation of body composition (ungraded)
3. Calculating exercise heart rate (ungraded)
4. 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.

Written reports and/or journals	Writing 0 - 20%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None	Problem solving 0 - 0%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Performance exams	Skill Demonstrations 20 - 30%

Exams: All forms of formal testing, other than skill performance exams.

Quizzes, midterms, and/or final exam	Exams 10 - 20%

Other: Includes any assessment tools that do not logically fit into the above categories.

Attendance and Participation	Other Category 40 - 60%

Representative Textbooks and Materials:
Boxing 359 Success Secrets - 359 Most Asked Questions on Boxing - What You Need to Know. Marquez, Julia. Emereo Publishing. 2015 (classic)