

KCOMB 4.2 Course Outline as of Summer 2022**CATALOG INFORMATION**

Dept and Nbr: KCOMB 4.2 Title: INTERMEDIATE BOXING
 Full Title: Intermediate Boxing
 Last Reviewed: 12/12/2023

Units	Course Hours per Week	Nbr of Weeks	Course Hours Total
Maximum 1.50	Lecture Scheduled	0	Lecture Scheduled 0
Minimum 1.50	Lab Scheduled	3.00	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 72.2

Catalog Description:

This course advances students from basic boxing fundamentals and techniques to an intermediate level, while enhancing fitness, balance, flexibility and strength.

Prerequisites/Corequisites:**Recommended Preparation:**

Course Completion of KCOMB 4.1

Limits on Enrollment:**Schedule of Classes Information:**

Description: This course advances students from basic boxing fundamentals and techniques to an intermediate level, while enhancing fitness, balance, flexibility and strength. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Course Completion of KCOMB 4.1

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 2010 Inactive:

UC Transfer: Transferable Effective: Fall 2010 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. Apply intermediate boxing techniques and fundamentals
2. Execute competitive attacks, defenses, and counter-attacks for different styles of boxing
3. Demonstrate an understanding of US and International boxing rules and concepts
4. Apply offensive and defensive strategies in competition

Objectives:

At the conclusion of this course, the student should be able to:

1. Compete in boxing
2. Display competency in defensive boxing tactics in competition
3. Demonstrate competency in offensive tactics in competition
4. Demonstrate appropriate footwork for boxing in competition
5. Develop cardio-vascular fitness appropriate to boxing competition
6. Demonstrate appropriate skills relating to foot speed and agility in competition
7. Evaluate other boxers' fundamentals and techniques

Topics and Scope:

I. Technical Elements of Boxing (during sparring sessions)

- A. Stance
- B. Weight distribution
- C. Positioning
 1. upper body
 2. hand
 3. head

II. Defensive Tactics in Competition

- 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 in Competition
 - A. Jab
 - B. Double jab
 - C. 1-2 combos
 - D. 3-punch combo
 - E. Uppercut
 - F. Intermediate hand skills
 - 1. straight
 - 2. cross
 - 3. hook
 - 4. upper cut
- IV. Footwork in Competition
 - A. Front foot light and open
 - B. Back foot grounded and inward
- V. Body Control in Competition
 - A. Step in - step back
 - B. Step/slide left and right
 - C. Duck and punch
 - D. Bob and weave
- VI. Intermediate 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
 - D. Plyometric training
- VII. Intermediate Core Training
 - A. Medicine ball
 - B. Swiss ball
- VIII. Foot Speed
 - A. Speed ladder
 - B. Jump rope
 - C. Bleachers
 - D. Hurdles
- IX. Observation of Professional Boxers
- X. Proficiency and Utilization of Boxing Equipment
 - A. Gloves
 - B. Headgear
 - C. Speed bag
 - D. Heavy bag
- XI. US and International Boxing Rules and Concepts

Assignment:

Students are expected to spend an additional one and one-half hours per week outside of class on one or more of the following activities:

1. Observe a professional boxing bout in regards to:
 - a. Offensive strategy and performance
 - b. Defensive strategy and performance
 - c. Fitness level

2. Fitness assessment such as pre and post-testing
3. Performing exercises for cardio/respiratory conditioning, muscular strength and endurance, and/or flexibility
4. Objective quizzes
5. Writing reports and/or journals
6. Calculation of body composition
7. Calculating exercise heart rate
8. Performance exams
9. 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 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 - 30%
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Exams: All forms of formal testing, other than skill performance exams.

Quizzes	Exams 10 - 20%
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Other: Includes any assessment tools that do not logically fit into the above categories.

Technical Observations, Fitness Calculations, Fitness Assessment; Attendance and Participation	Other Category 40 - 60%
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Representative Textbooks and Materials:

Boxing 359 Success Secrets - 359 Most Asked Questions on Boxing - What You Need To Know. Marquez, Julia. Emereo Publishing. 2005 (classic)