

**KCOMB 4.1 Course Outline as of Fall 2023****CATALOG INFORMATION**

Dept and Nbr: KCOMB 4.1 Title: BEGINNING BOXING  
 Full Title: Beginning 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:**

|                   |                      |            |           |
|-------------------|----------------------|------------|-----------|
| <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: |
|---------------|----------------------|------------|-----------|

|                      |              |            |           |           |
|----------------------|--------------|------------|-----------|-----------|
| <b>CSU Transfer:</b> | Transferable | Effective: | Fall 2000 | Inactive: |
|----------------------|--------------|------------|-----------|-----------|

|                     |              |            |           |           |
|---------------------|--------------|------------|-----------|-----------|
| <b>UC Transfer:</b> | 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:**

At the conclusion of this course, the student should 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)