

KCOMB 4.2 Course Outline as of Fall 2024**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	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 72.2

Catalog Description:

This course advances students from beginning 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 beginning 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 counterattacks for different styles of boxing.

Objectives:

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

1. Demonstrate intermediate level competency in defensive boxing tactics in competition
2. Demonstrate intermediate level competency in offensive tactics in competition
3. Demonstrate appropriate footwork for boxing in competition
4. Develop cardiovascular fitness appropriate to boxing competition
5. Demonstrate advanced skills relating to foot speed and agility in competition
6. Evaluate boxers fundamentals and techniques

Topics and Scope:

I. Technical Elements of Intermediate Boxing (during sparring sessions)

- A. Stance
- B. Weight distribution
- C. Positioning
 1. Upper body
 2. Hand
 3. Head

II. Defensive Tactics in Intermediate Level 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 Intermediate Level 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:

1. Observe a professional boxing bout in regard to:
 - A. Offensive strategy and performance
 - B. Defensive strategy and performance
 - C. Fitness level
 - D. Technical aspect
2. Fitness assessment such as pre- and post-testing
3. Performing exercises for cardio/respiratory conditioning, muscular strength, endurance, and/or flexibility

4. Objective quizzes, midterm and/or final exam
5. Writing reports and/or journals
6. Calculations for:
 - A. Body composition
 - B. Exercise heart rate
8. Performance exams

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.

Writing 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; performing exercises	Skill Demonstrations 20 - 30%
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Exams: All forms of formal testing, other than skill performance exams.

Objective quizzes, midterm and/or final exam	Exams 10 - 20%
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Other: Includes any assessment tools that do not logically fit into the above categories.

Observation; fitness assessment; calculations; attendance and participation	Other Category 40 - 60%
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Representative Textbooks and Materials:

The Art of the Sweet Science: Boxing Training for the Body and Mind. Dudayev, Shahan. Independently published. 2021.