

**KCOMB 4 Course Outline as of Summer 2022****CATALOG INFORMATION**

Dept and Nbr: KCOMB 4 Title: INTRODUCTION TO BOXING

Full Title: Introduction to 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	5	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:

**Catalog Description:**

This introductory class is for first- time boxing students and will include an introduction to basic boxing training techniques, fitness principles and nutrition for high impact exercise.

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

Description: This introductory class is for first- time boxing students and will include an introduction to basic boxing training techniques, fitness principles and nutrition for high impact exercise. (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:
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<b>CSU Transfer:</b>	Transferable	Effective:	Spring 2018	Inactive:
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<b>UC Transfer:</b>	Transferable	Effective:	Spring 2018	Inactive:
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**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 basic boxing rules and concepts.
2. Execute basic boxing strategies
3. Execute basic boxing techniques
4. Apply training techniques for boxing
5. Identify basic human anatomy
6. Identify and use boxing equipment for training

### **Objectives:**

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

1. Demonstrate an understanding of basic boxing rules and concepts
2. Demonstrate appropriate footwork and movements for boxing.
3. Identify basic anatomy
4. Develop cardiovascular and core fitness appropriate to boxing.
5. Exhibit proficiency and the utilization of boxing equipment.
6. Understand basic nutritional concepts
7. Measure and monitor your heart rate
8. Apply basic fitness principles

### **Topics and Scope:**

#### **I. Technical Elements of Boxing**

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

#### **II. Footwork**

- A. Front foot light and open

- B. Back foot grounded and inward
- III. Movements
  - A. Step in - step back
  - B. Step/slide left and right
- IV. Training for boxing
- V. Overview of boxing equipment
  - A. Gloves
  - B. Headgear
  - C. Speed bag
  - D. Heavy bag
- VI. Measuring and monitoring your heart rate
- VII. Nutritional information for boxers

### 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. Reading 10-15 pages from textbook per week
2. Performing exercises for cardio/respiratory conditioning, muscular strength and endurance, and/or flexibility
3. Fitness assessment such as pre and post-testing
4. Fitness related calculations and technical observations
5. Objective quizzes, midterm and/or final exam
6. Writing reports and/or journals
7. Calculating 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.

Written reports and/or journals

Writing  
10 - 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.

Fitness Assessment, Fitness Related Calculations and Technical Observations; Attendance and Participation

Other Category  
40 - 60%

**Representative Textbooks and Materials:**

Boxing: 359 Most Asked Questions On Boxing - What You Need To Know (Success Secrets).

Marquez, Julia. Emereo Publishing. 2015