I. CATALOG DESCRIPTION

KIN 74 - Boxing 1.5 Unit(s)

Transfer Status: CSU/UC
17 hours Lecture
34 hours Lab

This course provides instruction in the fundamental skills and techniques of boxing. Instruction will include the rules, proper stance, footwork, offensive strategies, and defensive strategies. Emphasis will be placed on increasing self confidence, enhancing balance, and improving core strength.

II. OBJECTIVES

Upon successful completion of this course, the student will be able to:
   A. list and define the boxing rules applicable to different competition levels.
   B. demonstrate proper stance, footwork, offensive strategies, and defensive strategies.
   C. compare and contrast ring management strategies.
   D. identify and analyze sparring techniques through peer observation.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

<table>
<thead>
<tr>
<th>Lecture</th>
<th>Lab</th>
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<tbody>
<tr>
<td><strong>Topics</strong></td>
<td><strong>Lec Hrs</strong></td>
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<tr>
<td>1. Orientation, Safety and Equipment</td>
<td>1.00</td>
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<tr>
<td>2. Rules</td>
<td>2.00</td>
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<tr>
<td>3. Conditioning</td>
<td>1.00</td>
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<tr>
<td>4. Footwork</td>
<td>2.00</td>
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<tr>
<td>5. Stance</td>
<td>2.00</td>
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<tr>
<td>6. Jab and Defense</td>
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<td>7. Left/Right Hook and Defense</td>
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<tr>
<td>8. Straight Right/Left and Defense</td>
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<td>9. Right/Left Uppercut and Defense</td>
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<tr>
<td>10. Combinations and Defense</td>
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<tr>
<td>11. Counter Punching</td>
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<tr>
<td><strong>Total Hours</strong></td>
<td><strong>17.00</strong></td>
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7. Straight Right/Left and Defense 3.00
8. Right/Left Uppercut and Defense 3.00
9. Combinations and Defense 3.00
10. Counter Punching 2.00
Total Hours 34.00

IV. METHODS OF INSTRUCTION
A. Multimedia Presentations
B. Lecture
C. Discussion
D. Demonstrations
E. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
F. Drills/Practical

V. METHODS OF EVALUATION
A. Demonstration
B. Class participation
C. Written Assignments
D. Written or Oral Examinations
E. Practical evaluations

VI. EXAMPLES OF ASSIGNMENTS
A. Reading Assignments
   1. Read an analysis of a boxing match. Come to class prepared to discuss what you learned.
   2. Research the history of boxing, focusing on the evolution of boxing rules. Write a short essay on your findings.
B. Writing Assignments
   1. Maintain a semester long journal documenting your progress and boxing skills.
   2. Prepare a written plan that identifies the steps you need to take to improve your boxing technique. Focus on the skills that you feel need the most work.
C. Out-of-Class Assignments
   1. Research potential safety hazards in boxing and what can be done to prevent injuries. Plan to discuss your findings in class.
   2. View a boxing match and report your observations as they address conduct, rules, and techniques.

VII. RECOMMENDED MATERIALS OF INSTRUCTION
Materials Other Than Textbooks:
A. The student will be required to provide:
   a. Athletic apparel
   b. Athletic shoes

Created/Revised by: Randy Maday
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