



KIN 74 - Boxing

Catalog Description

Transfer Status: CSU/UC

Unit(s): 1.50

Activity: 51.00 Contact hours/25.50 Out of class hours/76.50 Total hours/1.50 Unit(s)

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Course Description: 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.

Objectives

Upon successful completion of this course, the student should be able to:

1. list and define the boxing rules applicable to different competition levels.
2. demonstrate proper stance, footwork, offensive strategies, and defensive strategies.
3. compare and contrast ring management strategies.
4. identify and analyze sparring techniques through peer observation.

Course Content

Topic Titles / Suggested Time Topic		
<u>Lecture/Activity</u>		
<u>Topics</u>	<u>Lec Hrs</u>	<u>Act Hrs</u>
Orientation, Safety and Equipment		3.00
Rules		2.00
Conditioning		7.00
Footwork		6.50
Stance		6.50
Jab and Defense		5.00
Left/Right Hook and Defense		4.50
Straight Right/Left and Defense		4.50
Right/Left Uppercut and Defense		4.50
Combinations and Defense		4.50
Counter Punching		3.00
Total Hours:	0.00	51.00

Methods of Instruction

- A. Demonstrations
- B. Discussion
- C. Homework: Students are required to complete one hour of outside-of-class homework for every two hours of activity
- D. Multimedia Presentations

Methods of Evaluation

- A. Demonstration
- B. Class participation
- C. Written Assignments
- D. Written or Oral Examinations
- E. Practical evaluations

Examples of Assignments

Reading Assignments

1. Research the history of boxing, focusing on the evolution of boxing rules. Write a short essay on your findings.
2. Read an analysis of a boxing match. Come to class prepared to discuss what you learned.

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.

Out-of-Class Assignments

1. View a boxing match and report your observations as they address conduct, rules, and techniques.
2. Research potential safety hazards in boxing and what can be done to prevent injuries. Plan to discuss your findings in class.

Recommended Materials of Instruction

Other Learning Materials

The student will be required to provide athletic apparel and athletic shoes.

Minimum Qualifications

Coaching

Physical Education (Masters Required)

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Date: 03/10/2025