

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

KIN 74 - Boxing

1.5 Unit(s)

Prerequisite(s): NONE

Recommended Prep: NONE

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

		Lecture	
<u>Topics</u>			<u>Hours</u>
1.	Orientation, Safety and Equipment		1.00
2.	Rules		2.00
3.	Conditioning		1.00
4.	Footwork		2.00
5.	Stance		2.00
6.	Jab and Defense		2.00
7.	Left Hook and Defense		1.50
8.	Straight Right and Defense		1.50
9.	Right Uppercut and Defense		1.50
10.	Combinations and Defense		1.50
11.	Counter Punching		1.00
Total Hours			17.00

		Lab	
<u>Topics</u>			<u>Hours</u>
1.	Orientation, Safety and Equipment		2.00
2.	Conditioning		6.00
3.	Footwork		4.50
4.	Jab and Defense		3.00

5.	Stance	4.50
6.	Left Hook and Defense	3.00
7.	Straight Right and Defense	3.00
8.	Right 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. Lecture
- B. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- C. Discussion
- D. Demonstrations
- E. Multimedia Presentations
- 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. 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.
- B. Writing Assignments
 - 1. 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.
 - 2. Maintain a semester long journal documenting your progress and boxing skills.
- 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