



# El Camino College

## COURSE OUTLINE OF RECORD - Official

### I. GENERAL COURSE INFORMATION

**Subject and Number:** Physical Education 18A  
**Descriptive Title:** Beginning Boxing

**Course Disciplines:** Physical Education

**Division:** Health Sciences and Athletics

**Catalog Description:** This course examines the skills, rules, etiquette, and strategies for the beginning boxer. Students will utilize correct body positioning and footwork as well as the principles and mechanics of punches and defenses. The training aspects of boxing as well as conditioning and fitness strategies will also be covered.

**Conditions of Enrollment:** *You have no defined requisites.*

**Course Length:**  Full Term  Other (Specify number of weeks):  
**Hours Lecture:** 0 hours per week  TBA  
**Hours Laboratory:** 3.00 hours per week  TBA  
**Course Units:** 1.00

**Grading Method:** Letter  
**Credit Status:** Associate Degree Credit

**Transfer CSU:**  Effective Date: Prior to July 1992  
**Transfer UC:**  Effective Date: Prior to July 1992

**General Education:**  
**El Camino College:** 5 – Health and Physical Education  
Term: \_\_\_\_\_ Other: \_\_\_\_\_

**CSU GE:** E - Lifelong Understanding and Self-Development  
Term: \_\_\_\_\_ Other: \_\_\_\_\_

**IGETC:** \_\_\_\_\_

### II. OUTCOMES AND OBJECTIVES

**A. COURSE STUDENT LEARNING OUTCOMES** (The course student learning outcomes are listed below, along with a representative assessment method for each. Student learning outcomes are not subject to review, revision or approval by the College Curriculum Committee)

Students will demonstrate improvements in aerobic and anaerobic cardiorespiratory endurance.

2. Students will demonstrate at least three boxing techniques (routines).
3. Students will demonstrate sparring to the body.

The above SLOs were the most recent available SLOs at the time of course review. For the most current SLO statements, visit the El Camino College SLO webpage at <http://www.elcamino.edu/academics/slo/>.

**B. Course Student Learning Objectives (The major learning objective for students enrolled in this course are listed below, along with a representative assessment method for each)**

1. Demonstrate proper positioning of a boxer while sparring, emphasizing the location of feet, body, hands, and head.

Class Performance

2. Demonstrate the use and body mechanics of various boxing punches.

Class Performance

3. Demonstrate the essential elements of the defense against the straight right, left jab, left and right hook, and right and left uppercut.

Class Performance

4. Demonstrate the components of physical fitness as it pertains to boxing.

Class Performance

5. Demonstrate the rules and etiquette of boxing.

Class Performance

6. Demonstrate the use of counter punching with the right upper cut, outside slip, and counter to the chin.

Class Performance

**III. OUTLINE OF SUBJECT MATTER (Topics are detailed enough to enable a qualified instructor to determine the major areas that should be covered as well as ensure consistency from instructor to instructor and semester to semester.)**

Lecture or Lab	Approximate Hours	Topic Number	Major Topic
Lab	2	I	ORIENTATION A. Wraps and Gloves B. Head Gear, Mouth Guard, Foul Protector C. Head Injury Recognition D. Rules and Etiquette
Lab	14	II	STANCE, FOOTWORK, AND MECHANICS OF PUNCHES A. Left Jab B. Right Cross C. Left Hook D. Right Upper Cut E. Left Upper Cut

			F. Combination Punches
Lab	14	III	STANCE, FOOTWORK MECHANICS OF DEFENSE A. Slipping B. Sitting C. Bob and Weave D. "The Wall" E. Right and Left Parry
Lab	16	IV	BOXING STRATEGY WHILE SPARRING A. Left Jab and Right Cross B. Double Jab and Triple Jab C. Jab Cross Hook D. Jab Cross Hook and Uppercut E. Set Ups and Combinations
Lab	8	V	CONDITIONING FOR THE BOXER A. Running B. Jumping Rope C. Core Strengthening D. Stretching E. Circuit Training F. Speed Bag and Heavy Bag Training
<b>Total Lecture Hours</b>		0	
<b>Total Laboratory Hours</b>		54	
<b>Total Hours</b>		54	

#### IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS

##### A. PRIMARY METHOD OF EVALUATION:

Skills demonstrations

##### B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION:

Demonstrate to the instructor the proper mechanics of the left jab, right hook, and left hook.

##### C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:

1. Review a video of a boxing demonstration. Evaluate the boxer's selection of the basic defenses to the left jab. Present your findings orally to the class.
2. While sparring, distinguish and demonstrate to the instructor which block would be ideal in combating a variety of punches.

**D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:**

- Performance exams
- Class Performance
- Completion

**V. INSTRUCTIONAL METHODS**

- Demonstration
- Multimedia presentations
- Other (please specify)
  - Multimedia analysis of the individual's punches and defense

**Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.**

**VI. WORK OUTSIDE OF CLASS**

Course is lab only - minimum required hours satisfied by scheduled lab time and estimated student hours outside of class per week is zero.

**Estimated Independent Study Hours per Week:**

**VII. TEXTS AND MATERIALS**

- A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS
- B. ALTERNATIVE TEXTBOOKS
- C. REQUIRED SUPPLEMENTARY READINGS
- D. OTHER REQUIRED MATERIALS
  - Hand Wraps, Plastic Gloves, and Mouthpiece

**VIII. CONDITIONS OF ENROLLMENT**

**A. Requisites (Course and Non-Course Prerequisites and Corequisites)**

Requisites	Category and Justification
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**B. Requisite Skills**

Requisite Skills
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**C. Recommended Preparations (Course and Non-Course)**

Recommended Preparation	Category and Justification
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**D. Recommended Skills**

Recommended Skills
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**E. Enrollment Limitations**

Enrollment Limitations and Category	Enrollment Limitations Impact
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**Course created by Bob Meyers on 03/14/2012.**

**BOARD APPROVAL DATE: 09/01/1989**

**LAST BOARD APPROVAL DATE: 05/21/2018**

**Last Reviewed and/or Revised by Krysti Rosario on 03/14/2012**

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