

KIN R121A: BOXING FOR FITNESS I

Originator

elawley

College

Oxnard College

Discipline (CB01A)

KIN - Kinesiology

Course Number (CB01B)

R121A

Course Title (CB02)

Boxing for Fitness I

Banner/Short Title

Boxing for Fitness I

Credit Type

Credit

Start Term

Fall 2021

Formerly

PE R133A - Boxing for Fitness I

Catalog Course Description

This course is designed to develop cardiorespiratory conditioning and fitness through the use of boxing techniques. The course also focuses on building muscle endurance, strength and weight management.

Taxonomy of Programs (TOP) Code (CB03)

0835.00 - Physical Education

Course Credit Status (CB04)

D (Credit - Degree Applicable)

Course Transfer Status (CB05) (select one only)

A (Transferable to both UC and CSU)

Course Basic Skills Status (CB08)

N - The Course is Not a Basic Skills Course

SAM Priority Code (CB09)

E - Non-Occupational

Course Cooperative Work Experience Education Status (CB10)

N - Is Not Part of a Cooperative Work Experience Education Program

Course Classification Status (CB11)

Y - Credit Course

Educational Assistance Class Instruction (Approved Special Class) (CB13)

N - The Course is Not an Approved Special Class

Course Prior to Transfer Level (CB21)

Y - Not Applicable

Course Noncredit Category (CB22)

Y - Credit Course

Funding Agency Category (CB23)

Y - Not Applicable (Funding Not Used)

Course Program Status (CB24)

1 - Program Applicable

General Education Status (CB25)

Y - Not Applicable

Support Course Status (CB26)

N - Course is not a support course

Field trips

Will not be required

Grading method

Letter Graded

Does this course require an instructional materials fee?

No

Repeatable for Credit

No

Is this course part of a family?

Yes

Select the other courses that make up this family

KIN R121B - Boxing for Fitness II

KIN R120A - Kickboxing for Fitness I

KIN R120B - Kickboxing for Fitness II

Units and Hours

Carnegie Unit Override

No

In-Class

Lecture

Activity

Laboratory

Minimum Contact/In-Class Laboratory Hours

52.5

Maximum Contact/In-Class Laboratory Hours

52.5

Total in-Class

Total in-Class

Total Minimum Contact/In-Class Hours

52.5

Total Maximum Contact/In-Class Hours

52.5

Outside-of-Class**Internship/Cooperative Work Experience**

Paid

Unpaid

Total Outside-of-Class

Total Outside-of-Class

Total Student Learning

Total Student Learning

Total Minimum Student Learning Hours

52.5

Total Maximum Student Learning Hours

52.5

Minimum Units (CB07)

1

Maximum Units (CB06)

1

Student Learning Outcomes (CSLOs)**Upon satisfactory completion of the course, students will be able to:**

- | | |
|---|-----------------------------------------------------------------------------|
| 1 | Demonstrate a 30% increase in cardiorespiratory conditioning. |
| 2 | Develop three unique combinations utilizing a jab, cross, hook and uppercut |
| 3 | Execute three defensive moves useful in avoiding a punch |

Course Objectives**Upon satisfactory completion of the course, students will be able to:**

- | | |
|---|--------------------------------------------------------------------------------------------|
| 1 | Explain the cardiorespiratory system and the benefits of exercising |
| 2 | Explain the basic elements of nutrition along with what elements constitute a balance meal |
| 3 | Physically demonstrate basic boxing techniques |
| 4 | Identify boxing techniques such as the jab, cross, hook and uppercut |
| 5 | Execute proper footwork utilized in boxing for lower body mobility |
| 6 | Demonstrate the ability to combine single elements into boxing combinations |
| 7 | Demonstrate a basic level of proficiency on training equipment |
| 8 | Jump rope for a minimum of 3 minutes |

Course Content**Lecture/Course Content**

1. Basic warm up, drills, cool down and conditioning routine which includes
 - a. Appropriate methods of warming the muscles with calisthenics prior to the boxing workout
 - b. An aerobic boxing routine geared towards burning fat
 - c. A conditioning routine geared towards strengthening core muscles
 - d. A cool down routine using isometrics and stretching techniques to develop flexibility
 - e. Exercises designed to prepare the student for the boxing workout
2. Introduction to mechanics of basic punches
 - a. Jab
 - b. Cross

- c. Upper cut
- d. Hook
- 3. Training drills
 - a. Shadow boxing
 - b. Bob and weave
 - c. Slipping
 - d. Parrying
- 4. Boxing Principles
 - a. Elements of power
 - b. Elements of speed
 - c. Elements of timing
 - d. Elements of accuracy
- 5. Develop cardiorespiratory conditioning and fitness
 - a. Developing an individualized conditioning program based on physical needs with the aid of shadow boxing, focus mitts, and the heavy bag
 - b. Jump rope conditioning techniques
 - c. Muscle toning techniques
- 6. Training aids
 - a. Focus mitts to develop speed, accuracy and proper body mechanics
 - b. Towels for drilling bobbing and weaving
 - c. Stationary heavy bag

Laboratory or Activity Content

- 1. Basic warm up, drills, cool down and conditioning routine which includes
 - a. Appropriate methods of warming the muscles with calisthenics prior to the boxing workout
 - b. An aerobic boxing routine geared towards burning fat
 - c. A conditioning routine geared towards strengthening core muscles
 - d. A cool down routine using isometrics and stretching techniques to develop flexibility
 - e. Exercises designed to prepare the student for the boxing workout
- 2. Introduction to basic punching mechanics
 - a. Jab
 - b. Cross
 - c. Upper cut
 - d. Hook
- 3. Training drills
 - a. Shadow boxing
 - b. Bob and weave
 - c. Slipping
 - d. Parrying
- 4. Boxing Principles
 - a. Elements of power
 - b. Elements of speed
 - c. Elements of timing
 - d. Elements of accuracy
- 5. Develop cardiorespiratory conditioning and fitness
 - a. Developing an individualized conditioning program based on physical needs with the aid of shadow boxing, focus mitts, and the heavy bag
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 - c. Muscle toning techniques
- 6. Training aids
 - a. Focus mitts to develop speed, accuracy and proper body mechanics
 - b. Towels for drilling bobbing and weaving
 - c. Stationary heavy bag

Methods of Evaluation

Which of these methods will students use to demonstrate proficiency in the subject matter of this course? (Check all that apply):
Skills demonstrations

Methods of Evaluation may include, but are not limited to, the following typical classroom assessment techniques/required assignments (check as many as are deemed appropriate):

Journals
Skills demonstrations
Skill tests

Instructional Methodology

Specify the methods of instruction that may be employed in this course

Computer-aided presentations
Class activities
Class discussions
Distance Education
Demonstrations
Group discussions
Lecture
Role-playing
Small group activities

Describe specific examples of the methods the instructor will use:

Methods of Instruction: Methods may include, but are not limited to:
A. Physical demonstration and explanation of boxing techniques by the instructor
B. Physical manipulation of hands and feet in order to demonstrate or correct technique
C. Instructor-guided physical training drills
D. Use of training equipment including stationary heavy bags and focus mitts

Representative Course Assignments

Writing Assignments

1. Students will be required to keep a training journal
2. Wellness sheet on: Six dimensions of wellness worksheet, family medical history and how it relates to them, Identifying strengths, setting training goals
3. Student will be required to keep a journal listing foods consumed and exercises performed outside of class

Critical Thinking Assignments

1. Food journal analyzed and compared to recommended calories/nutrients based on personal needs to make adjustments to optimize performance and health.

Reading Assignments

1. Read for discussion handouts by instructor on fitness related topics

Other assignments (if applicable)

-

Outside Assignments

Representative Outside Assignments

Typical outside of classroom assignments:

1. Reading
 - a. Read for discussion handouts by instructor on fitness related topics
2. Writing
 - a. Students will be required to keep a training journal
 - b. Wellness sheet on: Six dimensions of wellness worksheet, family medical history and how it relates to them, Identifying strengths, setting training goals
 - c. Student will be required to keep a journal listing foods consumed and exercises performed outside of class
3. Other

District General Education

A. Natural Sciences

B. Social and Behavioral Sciences

C. Humanities

D. Language and Rationality

E. Health and Physical Education/Kinesiology

E2. Physical Education

Approved

F. Ethnic Studies/Gender Studies

CSU GE-Breadth

Area A: English Language Communication and Critical Thinking

Area B: Scientific Inquiry and Quantitative Reasoning

Area C: Arts and Humanities

Area D: Social Sciences

Area E: Lifelong Learning and Self-Development

E Lifelong Learning and Self-Development

Approved

CSU Graduation Requirement in U.S. History, Constitution and American Ideals:

IGETC

Area 1: English Communication

Area 2A: Mathematical Concepts & Quantitative Reasoning

Area 3: Arts and Humanities

Area 4: Social and Behavioral Sciences

Area 5: Physical and Biological Sciences

Area 6: Languages Other than English (LOTE)

Textbooks and Lab Manuals

Resource Type

Other Instructional Materials

Description

Boxing equipment.

Resource Type

Other Instructional Materials

Description

Dumb bell weights.

Resource Type

Other Instructional Materials

Description

Jump ropes.

Resource Type

Other Instructional Materials

Description

Focus mitts.

Resource Type

Other Instructional Materials

Description

Boxing gloves.

Resource Type

Textbook

Classic Textbook

No

Description

McKenzie, Martin and Kirchner, Stefanie. Total Knockout Fitness. Chicago, NSCA (2014).

Distance Education Addendum**Definitions****Distance Education Modalities**

Hybrid (51%–99% online)

Hybrid (1%–50% online)

100% online

Faculty Certifications

Faculty assigned to teach Hybrid or Fully Online sections of this course will receive training in how to satisfy the Federal and state regulations governing regular effective/substantive contact for distance education. The training will include common elements in the district-supported learning management system (LMS), online teaching methods, regular effective/substantive contact, and best practices.

Yes

Faculty assigned to teach Hybrid or Fully Online sections of this course will meet with the EAC Alternate Media Specialist to ensure that the course content meets the required Federal and state accessibility standards for access by students with disabilities. Common areas for discussion include accessibility of PDF files, images, captioning of videos, Power Point presentations, math and scientific notation, and ensuring the use of style mark-up in Word documents.

Yes

Regular Effective/Substantive Contact

Hybrid (1%–50% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Regular use of asynchronous discussion boards will encourage various types of interaction and critical thinking skills among all course participants. Questions and topics posed will allow students to discuss, compare and contrast, identify, and analyze elements of the course content. Other discussion boards may be used for Q&A and general class discussion by students and instructor to facilitate student success and strengthen student learning outcomes.
E-mail	E-mail, class announcements and various learning management system tools such as “Message Students Who” and “Assignment Comments”, will be used to regularly communicate with all students on matters such as clarification of class content, reminders of upcoming assignments and/or course responsibilities, to provide prompt feedback to students on coursework to facilitate student learning outcomes, or to increase the role of an individual educator in the academic lives of a student. Students will be given multiple ways to email instructor through both the learning management system inbox and district-provided email accounts.
Other DE (e.g., recorded lectures)	A variety of ADA compliant tools and media integrated within the learning management system to help students reach competency. Tools may include: recorded lectures, narrated slides, screencasts, online library resources, 3rd party (publisher-created) tools, websites and blogs, multimedia and streaming platforms like YouTube, Films on Demand, 3CMedia, Khan Academy, etc.
Synchronous Dialog (e.g., online chat)	A set time each week may be provided when the instructor is available for synchronous chat to answer questions.

Hybrid (51%–99% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Regular use of asynchronous discussion boards will encourage various types of interaction and critical thinking skills among all course participants. Questions and topics posed will allow students to discuss, compare and contrast, identify, and analyze elements of the course content. Other discussion boards may be used for Q&A and general class discussion by students and instructor to facilitate student success and strengthen student learning outcomes.
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Synchronous Dialog (e.g., online chat)	A set time each week may be provided when the instructor is available for synchronous chat to answer questions.

100% online Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Regular use of asynchronous discussion boards will encourage various types of interaction and critical thinking skills among all course participants. Questions and topics posed will allow students to discuss, compare and contrast, identify, and analyze elements of the course content. Other discussion boards may be used for Q&A and general class discussion by students and instructor to facilitate student success and strengthen student learning outcomes.
E-mail	E-mail, class announcements and various learning management system tools such as "Message Students Who" and "Assignment Comments", will be used to regularly communicate with all students on matters such as clarification of class content, reminders of upcoming assignments and/or course responsibilities, to provide prompt feedback to students on coursework to facilitate student learning outcomes, or to increase the role of an individual educator in the academic lives of a student. Students will be given multiple ways to email instructor through both the learning management system inbox and district-provided email accounts.
Other DE (e.g., recorded lectures)	A variety of ADA compliant tools and media integrated within the learning management system to help students reach competency. Tools may include: recorded lectures, narrated slides, screencasts, online library resources, 3rd party (publisher-created) tools, websites and blogs, multimedia and streaming platforms like YouTube, Films on Demand, 3CMedia, Khan Academy, etc.
Synchronous Dialog (e.g., online chat)	A set time each week may be provided when the instructor is available for synchronous chat to answer questions.
Face to Face (by student request; cannot be required)	The instructor may hold regularly scheduled office hours either in person or via-web conferencing, for students to be able to meet and discuss course materials or individual progress. Students can request additional in-person or web conferencing meetings with faculty member as needed. Faculty may encourage online students to form "study groups" in person or online.
Video Conferencing	Video tools such as ConferZoom may be used to provide live synchronous or asynchronous sessions with students. ADA compliance will be upheld with Closed Captioning during the session or of the recorded session. Student-to-student group meetings will also be encouraged.

Examinations**Hybrid (1%–50% online) Modality**

Online

Hybrid (51%–99% online) Modality

Online

Primary Minimum Qualification

PHYSICAL EDUCATION

Additional Minimum Qualifications**Minimum Qualifications**

Martial Arts/Self-Defense

Review and Approval Dates**Department Chair**

09/14/2020

Dean

09/14/2020

Technical Review

10/14/2020

Curriculum Committee

10/14/2020

Curriculum Committee

11/25/2020

CCCCO

MM/DD/YYYY

Control Number

CCC000556703

DOE/accreditation approval date

MM/DD/YYYY