

# KIN R121B: BOXING FOR FITNESS II

**Originator**

elawley

**College**

Oxnard College

**Discipline (CB01A)**

KIN - Kinesiology

**Course Number (CB01B)**

R121B

**Course Title (CB02)**

Boxing for Fitness II

**Banner/Short Title**

Boxing for Fitness II

**Credit Type**

Credit

**Start Term**

Fall 2021

**Formerly**

PE R133B - Boxing for Fitness II

**Formerly**

PE R133B

**Catalog Course Description**

This course is designed to increase cardiorespiratory conditioning and fitness through the use of intermediate boxing techniques. Students will learn punching combinations along with defensive maneuvers such as bobbing and weaving, slipping and parrying punches. Students will be taught how to increase muscle strength, endurance and tone while also lowering and managing body weight. Proper use of training equipment will be demonstrated.

**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 R121A - Boxing for Fitness I

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

**Prerequisites**

KIN R121A

**Entrance Skills****Entrance Skills**

Ability to demonstrate basic boxing techniques

**Prerequisite Course Objectives**

KIN R121A-Physically demonstrate basic boxing techniques

KIN R121A-Identify boxing techniques such as the jab, cross, hook and uppercut

KIN R121A-Execute proper footwork utilized in boxing for lower body mobility

KIN R121A-Demonstrate the ability to combine single elements into boxing combinations

**Requisite Justification****Requisite Type**

Prerequisite

**Requisite**

KIN R121A

**Requisite Description**

Course in a sequence

**Level of Scrutiny/Justification**

Content review

**Student Learning Outcomes (CSLOs)**

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

- |   |  |
|---|--|
| 1 | Execute eight count boxing combinations.   |
| 2 | Execute boxing combinations that include defensive moves such as bobbing and weaving |
| 3 | Demonstrate an increased level of cardiovascular conditioning                        |

**Course Objectives**

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

- |    |  |
|----|--|
| 1  | Demonstrate an advanced level of proficiency while executing the : Double jab; triple jab; cross- cover- cross; jab-cross-bob and weave-cross- hook- cross |
| 2  | Demonstrate proficiency in a left lead (orthodox) stance as well as in a right lead (unorthodox) stance  |
| 3  | Execute proper footwork utilized in boxing for lower body mobility   |
| 4  | Execute six to eight punch combinations in left as well as right leads   |
| 5  | Execute boxing combinations with defensive elements such as bobbing and weaving, slipping and parrying punches   |
| 6  | Demonstrate an advance level of proficiency while using training equipment   |
| 7  | Respond to the trainer with reflexes as opposed to memorized boxing combinations   |
| 8  | Jump rope for four, 3-minute rounds  |
| 9  | Box on the focus mitts for six, three (3) minute rounds  |
| 10 | Perform conditioning exercise: One hundred (100) crunches, fifty (50) push-ups along with other conditioning exercises                                     |

**Course Content****Lecture/Course Content**

1. Warm up drills, cool down and intermediate conditioning routines which include:
  - a. Warming the muscles with calisthenics prior to the boxing workout
  - b. An aerobic boxing routine geared towards burning fat
  - c. An intermediate conditioning routine geared towards strengthening core muscles
  - d. A cool down routine using isometrics and stretching techniques to develop flexibility
2. Review of basic boxing mechanics
  - a. Jab
  - b. Cross
  - c. Upper cut
  - d. Hook
3. Intermediate boxing punching combinations
  - a. Double jab, both left and right lead
  - b. Triple jab, both left and right lead
  - c. Left and right lead: Jab, cross, hook, cross, bob and weave, bob and weave, hook, cross
  - d. Left lead: Left jab, left uppercut, left hook, right cross, with a bob and weave sequence
  - e. Right lead: Jab, cross, uppercut, hook, cross with a bob and weave sequence
4. Training drills
  - a. Shadow boxing alone and with a partner
  - b. Bob and Weaving drills with a partner
  - c. Slipping drills with boxing gloves and a partner
  - d. Parrying drills with boxing gloves and a partner
5. Review basic boxing principles
  - a. Elements of power
  - b. Elements of Speed
  - c. Elements of timing
  - d. Elements of accuracy
6. Intermediate boxing principles

- a. Defensive drills
  - b. Offensive drills
  - c. Counter punching
  - d. Body punching
  - e. Cutting off the ring
  - f. Styles of fighting: Inside fighter vs. outside fighter
7. 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
    - d. Jogging
  8. Training aids
    - a. Focus mitts to develop speed, accuracy and proper body mechanics
    - b. Heavy bag for developing power
    - c. Rubber training bands to teach proper alignment when punching
    - d. Towels for drilling bobbing and weaving

### Laboratory or Activity Content

1. Warm up drills, cool down and advanced conditioning routine which includes:
  - a. Warming the muscles with calisthenics prior to the boxing workout
  - b. An aerobic boxing routine geared towards burning fat
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  - d. A cool down routine using isometrics and stretching techniques to develop flexibility
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  - a. Defensive drills
  - b. Offensive drills
  - c. Counter punching
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  - e. Cutting off the ring
  - f. Styles of fighting: Inside fighter vs. outside fighter
7. 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. Rubber training bands to teach proper alignment when punching
- d. Towels for drilling bobbing and weaving

## 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):

Film/video productions

Journals

Oral analysis/critiques

Performances

Projects

Quizzes

Recitals

Skills demonstrations

Skill tests

Simulations

## Instructional Methodology

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

Audio-visual presentations

Computer-aided presentations

Class activities

Class discussions

Distance Education

Group discussions

Guest speakers

Instructor-guided interpretation and analysis

Instructor-guided use of technology

Lecture

Role-playing

Describe specific examples of the methods the instructor will use:

Methods may include, but are not limited to:

- A. Physical demonstration and explanation of boxing techniques by the instructor
- B. Instructor-guided manipulation of hands in order to demonstrate or correct technique
- C. Use of focus mitts to develop mechanics

## Representative Course Assignments

### Writing Assignments

1. Students will be required to keep a training journal
2. Six dimensions of wellness worksheet
3. Wellness sheet on family medical history and how it relates to them

### Critical Thinking Assignments

1. Analyze training journal to identify areas of improvement to optimize performance.

### Reading Assignments

1. Handouts by instructor on fitness related topics

### Skills Demonstrations

1. Physical demonstration of basic boxing mechanics
  - a. Jab
  - b. Cross

- c. Upper cut
- d. Hook

**Other assignments (if applicable)**

-

**Outside Assignments**

**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 such as boxing gloves, focus mitts and jump ropes.

**Resource Type**

Textbook

**Classic Textbook**

Yes

**Description**

Total Knockout Fitness

**Author:** Martin Mckenzie (<https://us.humankinetics.com/search?type=product&q=vendor:Martin%20Mckenzie>) and Stefanie Kirchner (<https://us.humankinetics.com/search?type=product&q=vendor:Stefanie%20Kirchner>)

Selected ISBN: **9780736094344**

**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.

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.

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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)

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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.
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

CCC000556643

### DOE/accreditation approval date

MM/DD/YYYY

