



# El Camino College

## COURSE OUTLINE OF RECORD - Official

### I. GENERAL COURSE INFORMATION

**Subject and Number:** Physical Education 18B  
**Descriptive Title:** Intermediate Boxing

**Course Disciplines:** Physical Education  
Kinesiology

**Division:** Health Sciences and Athletics

**Catalog Description:** This course expands on the skills and knowledge of beginning boxing. Students will advance from basic boxing fundamentals to intermediate level techniques and sparring, while enhancing balance, cardiorespiratory endurance, core and strength training.

**Conditions of Enrollment:** Prerequisite  
Physical Education 18  
with a minimum grade of C or equivalent  
or

**Course Length:**  Full Term  Other (Specify number of weeks):  
**Hours Lecture:** 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: Proposed  
**Transfer UC:**  Effective Date: Proposed

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

**CSU GE:** \_\_\_\_\_

**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)**

1. Apply intermediate boxing techniques and fundamentals.
2. Execute competitive attacks, defenses, and counter-attacks for different styles of boxing.
3. Apply offensive and defensive strategies in sparring.

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 an Intermediate level of proficiency while executing the: Double jab, jab, cross, hook, uppercut, cross-cover-cross, jab-cross-bob (slip) and weave-uptercut-hook- fake back (step) cross.

Performance exams

2. Demonstrate knowledge of professional boxing scoring criteria for the state of California.

Objective Exams

3. Execute boxing combinations with defensive elements such as bobbing and weaving, slipping and parrying punches.

Performance exams

4. Exhibit proficiency and utilization of boxing equipment.

Performance exams

5. Execute proper footwork utilized in boxing for lower body mobility.

Performance exams

6. Develop cardiovascular fitness appropriate to boxing competition.

Performance exams

7. Demonstrate proficiency in a left lead (orthodox) stance as well as in a right lead (southpaw) stance.

Performance exams

8. Demonstrate competency in defensive boxing tactics and offensive boxing techniques while sparring to the body and head.

Performance exams

**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	5	I	Technical Elements of boxing (during sparring sessions) A. Stance B. Weight distribution C. Positioning

			<ol style="list-style-type: none"> <li>1. Upper body</li> <li>2. Lower body (emphasis power on hips and legs)</li> <li>3. Hand</li> <li>4. Head</li> </ol>
Lab	9	II	<b>Defensive tactics</b> <ol style="list-style-type: none"> <li>A. Shoulder roll</li> <li>B. Elbow tuck</li> <li>C. Weave</li> <li>D. Bob/slip</li> <li>E. Catch and parry</li> <li>F. Counter punching</li> <li>G. Working off the ropes</li> </ol>
Lab	9	III	<b>Offensive tactics</b> <ol style="list-style-type: none"> <li>A. Jab</li> <li>B. Double jab</li> <li>C. 1-2 combos</li> <li>D. 3-punch combo</li> <li>E. Intermediate hand skills</li> <li>F. Cross</li> <li>G. Hook</li> <li>H. Uppercut</li> </ol>
Lab	4	IV	<b>Footwork</b> <ol style="list-style-type: none"> <li>A. Weaker side forward (power foot and hand always behind)</li> <li>B. On the balls of the feet</li> <li>C. Always move and push to the opposite side (walk forward, push with the back leg, etc)</li> <li>D. Never cross feet in movement (able to lose balance when getting hit)</li> </ol>
Lab	4	V	<b>Body control</b> <ol style="list-style-type: none"> <li>A. Keeping balance at all times</li> <li>B. Step in - step back</li> <li>C. step/slide left and right</li> <li>D. Duck and jab</li> <li>E. Bob / slip and weave</li> </ol>
Lab	6	VI	<b>Intermediate cardiovascular training</b> <ol style="list-style-type: none"> <li>A. Track work</li> <li>B. Push-ups and pull-ups</li> <li>C. Endurance training: preparation for multiple 2-minute rounds with 30-second recovery periods</li> <li>D. Plyometric training</li> </ol>
Lab	6	VII	<b>Intermediate core training</b> <ol style="list-style-type: none"> <li>A. Medicine ball</li> <li>B. Russian twists</li> </ol>

			C. Bicycle D. Woodchoppers E. Planks F. Mountain Climbers G. Leg raises
Lab	4	VIII	Foot speed A. Speed ladder B. Jump rope C. Bleachers D. Hurdles
Lab	5	IX	Proficiency and utilization of boxing equipment A. Gloves B. Mouthguard C. Headgear D. Groin protector E. Speed bag F. Heavy bag
Lab	2	X	California State Athletic Commission (CSAC) professional boxing rules and scoring
<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 instructor proper offensive and defensive sparring techniques while wearing proper head gear and mouthguard when sparring with your opponent. Techniques will be relative to head position, hand position, footwork, movement, as well as punching and blocking.

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

1. Counter Hook Routine: Demonstrate to the instructor the following routine with a selected partner. Incorporate blocking and punches appropriately.

Jab, Cross, Hook (weave after the partner throws a hook to their head)  
uppercut, hook, step back/forward and cross.

2. Back and Forth Routine: Demonstrate to the instructor the following routine with a selected partner.

First person will Jab, Cross, Hook (to the body), than the partner will step in hook to the body, step back/forward cross to the face.

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

Performance exams

Oral exams

Quizzes

Class Performance

Presentation

**V. INSTRUCTIONAL METHODS**

Demonstration

Discussion

Group Activities

Guest Speakers

Laboratory

**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: 0**

**VII. TEXTS AND MATERIALS**

**A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS**

**B. ALTERNATIVE TEXTBOOKS**

**C. REQUIRED SUPPLEMENTARY READINGS**

**D. OTHER REQUIRED MATERIALS**

**VIII. CONDITIONS OF ENROLLMENT**

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

<b>Requisites</b>	<b>Category and Justification</b>
Course Prerequisite Physical Education-18 or	Sequential
Non-Course Prerequisite	Student without basic knowledge and skills of boxing would put themselves in a greater risk of injury when sparring against others who are more skilled.

**B. Requisite Skills**

<b>Requisite Skills</b>
Fundamental knowledge and skills related to boxing including rules and etiquette of the sport. PE 18 - Demonstrate proper positioning of a boxer while sparring, emphasizing the location of feet, body, hands, and head. PE 18A - Demonstrate proper positioning of a boxer while sparring, emphasizing the location of feet, body, hands, and head. PE 18A - Demonstrate the use and body mechanics of various boxing punches. PE 18 - Demonstrate the use and body mechanics of various boxing punches. PE 18A - Demonstrate the rules and etiquette of boxing. PE 18 - Demonstrate the rules and etiquette of boxing.

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

<b>Recommended Preparation</b>	<b>Category and Justification</b>
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**D. Recommended Skills**

<b>Recommended Skills</b>
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**E. Enrollment Limitations**

<b>Enrollment Limitations and Category</b>	<b>Enrollment Limitations Impact</b>
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Course created on 05/27/2017.

BOARD APPROVAL DATE: 05/21/2018

LAST BOARD APPROVAL DATE: 05/21/2018

Last Reviewed and/or Revised by Krysti Rosario on 05/27/2017