



El Camino College
COURSE OUTLINE OF RECORD – Official

Subject:	PE
Course Number:	19
Descriptive Title:	Boxing for Fitness
Division:	Health Sciences and Athletics
Department:	Physical Education
Course Disciplines:	Physical Education
Catalog Description:	This course will combine exercises and techniques from non-contact boxing and kickboxing activities. The course will focus on cardiorespiratory, muscle endurance, strength development and flexibility. Sound training principles will be incorporated to improve one's level of fitness. Students will learn mechanics of boxing and kickboxing during training workouts that emphasize offensive and defensive techniques.
Prerequisite:	None
Co-requisite:	None
Recommended Preparation:	None
Enrollment Limitation:	
Hours Lecture (per week):	0
Hours Laboratory (per week):	3
Outside Study Hours:	0
Total Course Hours:	54
Course Units:	1
Grading Method:	Letter Grade only
Credit Status:	Credit, degree applicable
Transfer CSU:	Yes
Effective Date:	pending
Transfer UC:	Yes
Effective Date:	pending
General Education ECC:	Area 5 - Health and Physical Education
Term:	
Other:	
CSU GE:	
Term:	
Other:	
IGETC:	
Term:	
Other:	

<p>Student Learning Outcomes:</p>	<p>SLO #1 Fitness</p> <p>Demonstrate improvement in cardiovascular endurance.</p> <p>SLO #2 Agility</p> <p>Demonstrate improvement in footwork and agility during boxing activities.</p> <p>SLO #3 Body Mechanics</p> <p>Demonstrate proper body mechanics of various punches during specific shadow boxing routines.</p>
<p>Course Objectives:</p>	<ol style="list-style-type: none"> 1. Evaluate and develop the components of fitness relative to boxing. 2. Assess your level of fitness with the components of fitness relative to boxing. 3. Demonstrate proper stance, body mechanics, and posture when engaging in boxing activities. 4. Apply specific warm-up and cool-down exercises that foster boxing fitness readiness and injury prevention. 5. Appraise the importance of power, speed, rhythm and breathing techniques during boxing activities.
<p>Major Topics:</p>	<p>I. Boxing Fitness Readiness (4 hours, lab)</p> <p>A. Clothing and footwear</p> <p>B. Hydration</p> <p>C. Heat stress prevention</p> <p>D. Warm-up exercises</p> <p>E. Cool-down exercises</p> <p>F. Resting and recovery heart rate</p> <p>II. Introduction to Boxing Fundamentals (10 hours, lab)</p> <p>A. Proper stance and posture</p> <p>B. Footwork</p> <p>C. Punches</p> <p>D. Kicks</p> <p>III. Training Techniques (12 hours, lab)</p> <p>A. Shadow boxing</p> <p>B. Proper footwork with movement</p>

C. Speed work

D. Defensive movements

E. Specific routines

F. Building combinations

IV. Boxing Principles (12 hours, lab)

A. Elements of power

B. Elements of speed

C. Elements of timing/rhythm

D. Elements of accuracy/range

E. Elements of breath/breathing techniques

V. Components and Assessment of Fitness Relative to Boxing (16 hours, lab)

A. Cardiorespiratory endurance

1. Jump rope conditioning techniques

2. High intensity interval training (HIIT) techniques

B. Muscle endurance

1. Muscle toning techniques

C. Muscle strength and power

1. Explosive training techniques

D. Agility and coordination

E. Dynamic balance

F. Target exercise heart rate

G. Rating of perceived exertion

H. Body composition

I. Nutritional needs for recovery and fuel

J. Flexibility

1. Dynamic stretching

	2. Static stretching
Total Lecture Hours:	0
Total Laboratory Hours:	54
Total Hours:	54
Primary Method of Evaluation:	3) Skills demonstration
Typical Assignment Using Primary Method of Evaluation:	Demonstrate to instructor footwork and movement when shadow boxing for a 2-minute round while incorporating a variety of punches and/ or kicks. Immediately thereafter, assess your exercise heart rate relative to your prescribed target exercise heart rate (beats per minute).
Critical Thinking Assignment 1:	Verbally explain to the instructor the importance of breathing techniques as it pertains to boxing and increasing your cardiorespiratory endurance.
Critical Thinking Assignment 2:	Demonstrate and explain to a group of 3-4 students in class, your personal warm-up exercise routine that meets your needs and interest and how it prepares you for a high-intensity interval training (HIIT) boxing routine.
Other Evaluation Methods:	Class Performance, Performance Exams
If Other:	
Instructional Methods:	Demonstration, Discussion, Lab
If other:	
Work Outside of Class:	Course is lab only - minimum required hours satisfied by scheduled lab time
If Other:	
Up-To-Date Representative Texts:	
Alternative Texts:	
Required Supplementary Readings:	
Other Required Materials:	
Requisite	
Category	
Requisite course:	
Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s).	
Requisite Skill:	
Requisite Skill and Matching skill(s): Bold the requisite skill(s). if applicable	
Requisite course:	

Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s).	
Requisite Skill:	
Requisite Skill and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s). if applicable	
Enrollment Limitations and Category:	
Enrollment Limitations Impact:	
Course Created by:	Rachel Pittock
Date:	9/25/2023
Original Board Approval Date:	01/17/2024
Effective Term:	Fall 2024