

North Hennepin Community College

EXSC 1880: Fundamentals of Boxing

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 0

Lab Hours/Week: 0

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course focuses on boxing skill and techniques. Students will be introduced to punching, boxer's stance, footwork, balance and stance in movement, training, safety practices, and the health and physical benefits associated with boxing. The class will utilize heavy bags, speed bags, as well as other sport-specific equipment. Methodology, strategy, and self-defense applications will also be included. Excessive force, violence, or aggression are not required or expected and will not be tolerated. All skill levels welcome.

B. COURSE EFFECTIVE DATES: 08/21/2017 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Academic content could include, but is not limited to punching, boxer's stance, footwork, balance and stance in movement, training, safety practices, and the health and physical benefits associated with boxing.

D. LEARNING OUTCOMES (General)

1. Develop proper footwork, balance, and self-awareness in order to demonstrate basic and advanced striking and defensive techniques that are commonly used in the sport of boxing to become proficient (NHCC ELOs 1,2,3).
2. Identify and demonstrate basic and advanced striking/defensive techniques that are commonly used in the sport of boxing (NHCC ELOs 1,2,3).
3. Describe the cultural history of boxing (NHCC ELO 1).
4. Distinguish between the different pieces of equipment such as, free standing bags, punching mitts, and other pieces of exercise equipment in order to gain insight to the various training modalities that make up boxing and boxing conditioning, and demonstrate their uses through consistent practice (NHCC ELOs 1 & 3).
5. Implement unique/individualized boxing techniques and strategies to help build self-confidence and instill discipline into day-to-day activities and in overall fitness (NHCC ELOs 1 & 3).
6. Describe the role boxing plays in one's physical and mental health (NHCC ELOs 1,2,3).

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

1. Knowledge of Human Cultures and the Physical and Natural World Through study in the sciences, mathematics, social sciences, humanities, histories, languages, the arts, technology and professions.
2. Intellectual and Practical Skills Including: Inquiry and analysis; Critical and creative thinking; Written and oral communication; Quantitative literacy; Information literacy; Teamwork and problem solving.
3. Personal and Social Responsibility and Engagement Including: Civic knowledge and involvement; campus, local and global; Intercultural knowledge and competence; Ethical reasoning and action; Foundations and skills for lifelong learning.