

North Hennepin Community College

EXSC 1890: Intermediate Boxing

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 0

Lab Hours/Week: 2

OJT Hours/Week: *.*

Prerequisites:

This course requires the following prerequisite
EXSC 1880 - Fundamentals of Boxing

Corequisites: None

MnTC Goals: None

This course builds upon existing boxing skills and techniques. Students will further advance and develop their striking and defensive skills, advanced footwork, balance, body awareness, safety practices, and overall efficiency in boxing. The class will utilize heavy bags, reflex bags, as well as other sport-specific equipment. Students will also review boxing techniques and strategies utilized by former and modern day athletes/coaches. Methodology, strategy, and self-defense applications will continue to be included. Excessive force, violence, or aggression are not required, expected, or allowed and will not be tolerated.

B. COURSE EFFECTIVE DATES: 04/25/2019 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. After successfully completing this course, a student will be able to:

D. LEARNING OUTCOMES (General)

1. Recall and execute proper footwork, balance and self-awareness skills in order to carry out advanced striking and defensive techniques that are commonly used in the sport of boxing to become proficient (NHCC ELO 1,2,3).
2. Visualize and enhance basic and advanced striking/defensive techniques that are commonly used in the sport of boxing (NHCC 1,2,3).
3. Differentiate between various boxing tactics and principles through various assignments and video analysis (NHCC ELO 1,3).
4. Develop and apply unique/individualized boxing techniques and strategies to help build self-confidence, instill discipline in day-to-day activities, and enhance critical thinking skills (NHCC ELO 1,3)
5. Identify and review the different boxing offensive/defensive strategies and boxing training modalities that make up boxing and boxing conditioning and demonstrate their uses through consistent practice (NHCC ELO 1,3).

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted