

KINS 101

This course provides students the opportunity to gain cardio-respiratory fitness, strength, and flexibility through boxing techniques. Stances, punching, combinations, blocks, and sparring drills will be presented. The rules of sport boxing are introduced. Sport boxing training techniques are emphasized.

Letter Grade, Pass/No Pass

1

0, 48 - 54

- None
- None
- None

Transferable to both UC and CSU

- S** Area A-8: Kinesiology
- Area E - Lifelong Learning and Self Development