

KSS 1516 - Boxing for Beginners

Fall 2026 Syllabus, Section 01, CRN 42000,

Credit hours: 2

Instructor

John Metzinger

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Public Instructor Information

Instructor Title: Part-Time Faculty

Instructor Professional Qualifications: 14 years in and around the ring; Bachelors Degree Y.S.U.

Instructor Office Location: Beeghly Center, Room 307, 1 Tressel Way, Youngstown, OH 44555

Instructor Office Phone: 330-941-3327

Course Description

1516. Boxing for Beginners. This course consists of learning how to properly workout like a boxer. Students will be trained to use the proper equipment, and how to stand, move, punch, and train like a boxer preparing to competitively box. Students will NOT be actually boxing another competitor. 2 s.h.

Course Readings

Group	Title	Author	ISBN
	no readings		

The course readings are subject to change in the event of extenuating circumstances, research developments, current events, and/or to ensure better learning.

Schedule of Topics and Assignments

Week of	Proposed Topic	Due/To Prepare for Class
8/24	Introduction to the course	
8/31	Wraps/Stance	
9/7	Jab	
9/14	Cross	
9/21	Review	
9/28	Midterm	
10/5	Lead Hook	
10/12	Rear Hook	
11/2	Lead Uppercut	
11/9	Rear Uppercut	
12/7	Final	

The course schedule, policies, procedures, and assignments in this course are subject to change in the event of extenuating circumstances, by mutual agreement, and/or to ensure better learning.