



Integration of Women into Boxing at West Point



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Program History

- 1802-1884: Limited organized physical education at USMA
- 1885-1923: LTC Herman Koehler: The Father of West Point Physical Education introduces structured courses in gymnastics and swimming
 - 1905: Boxing included in curriculum in all four classes
- 1946: GEN Eisenhower approves FM21-20 Physical Fitness Training (revision) to mirror USMA curriculum
- 1999-Present Day: Continual refinement to PE116 Boxing with improvements in safety gear and extensive implementation of deliberate risk mitigation procedures



Present Day Curriculum Design

PE116 Boxing teaches Cadets the fundamentals of amateur boxing in an extremely controlled environment

- Content includes fundamentals of stance, movement, basic punches, defense, ring control, and strategies
- 19 lessons/55 minutes/every other day/8 weeks
- 5 graded evaluations with increasing point allocation

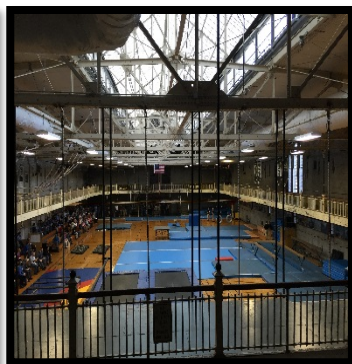
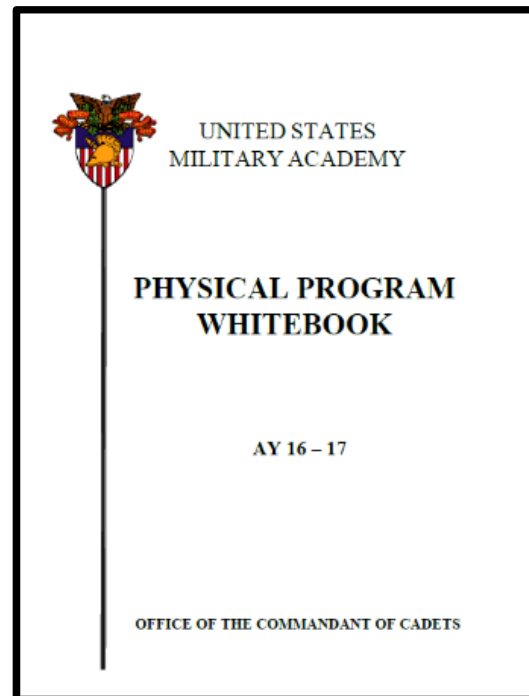


- Only mandatory activity that pits one cadet against another in full body contact, creating a situation requiring a response to fear and overcoming adversity; a critical leader development experience for the crucible of leading Soldiers in ground combat
- Supports West Point Leader Development System outcomes by developing physical competence, resilience, and a strong and winning spirit
- Develops the Warrior Ethos, self-confidence, will-to-win, and perseverance required of an Army Officer
- Develops coping strategies for physically and psychologically stressful situations
- Exposes cadets to a contact combative experience
- Develops basic boxing skills (stance, punches, defense) with direct application to unarmed combat
- Enhances moral and ethical decision-making through strict adherence to Rules of Engagement



Boxing is one of 7 mandatory Department of Physical Education courses for graduation

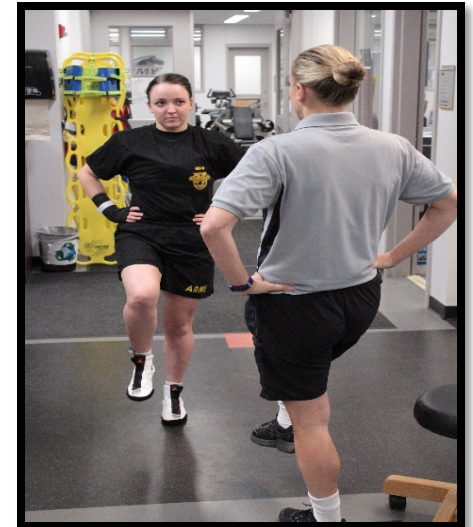
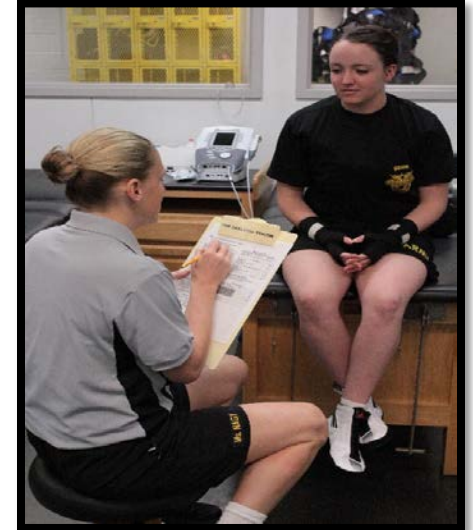
- **Class of 2020 and later:**
 - Both men and women are required to take PE116 Boxing
- **Class of 2019 and earlier:**
 - Men completed PE116 Boxing
 - Women completed PE115 Combat Applications





Scientific Based Protocol

- DPE Sports Medicine follows the Zurich 2012 Guidelines (4th International Consensus Statement on Concussion in Sport), National Athletic Trainers' Association (NATA), and American College of Sports Medicine (ACSM) guidelines for the following:
 - Constant evaluation of concussion stepwise “Return to Learn/Return to Play” Program*
 - Clearance by physician for return to full duty
- *Approved by the Cadet Health Clinic and updated at least annually
- Standardization of protocol through the participation in DoD-NCAA Grand Alliance baseline testing
 - USMA, USAFA, and USCGA have initiated Grand Alliance protocol



Links to science-based research

1. Zurich 2012: <http://atsnj.org/documents/pdf/ZurichGuidelines2013.pdf>
2. NATA: <http://natajournals.org/doi/pdf/10.4085/1062-6050-49.1.07>
3. ACSM: <https://www.sportsmed.org/AOSSMIMIS/members/downloads/education/ConsensusStatements/Concussion.pdf>



Preparation for Instruction

- Course Director maintains Level IV USA Boxing Certification, equivalent to Olympic and International Standards
- All instructors hold advanced degrees in PE and receive 40 hrs of intensive training on technique and risk mitigation
- Four National Athletic Trainers' Association-certified Athletic Trainers Certified (ATC) on site for all boxing instruction
 - Pre-participation cadet medical screening for all contact activities
 - Follow Zurich Guidelines and DoD-VA Guidelines for concussion recognition and recovery
- All cadets participate in DoD-NCAA Grand Alliance baseline testing; a national multi-site consortium to better understand concussive injury and recovery in order to enhance safety and health in student athletes and service members
- Physician-led Concussion Care Clinic onsite for consistent care
- Head Injury Working Group provides strategic review of concussion policies, Return to Play/Return to Learn protocol, and injury patterns to recommend safer training environments and maximize recovery efforts for return to classroom and athletics
- Academic Management Team (Medical providers, faculty, Tactical Officers, Center for Personal Development, and others) continuously strives to improve holistic health care



During Instruction

- Appropriate fit of gloves, protective head gear, hand wraps, and mouth piece
- Glove weight determined by gender and body size
- Cadets appropriately matched by gender, weight, and ability level during graded bouts
- Daily cadet buddy checks after each lesson to ensure health and safety
- Systematic gradual approach to instruction IOT build motor patterns and skill development by controlling speed and number of punches
- Lessons focus on defense especially to the head
- Limit on punches to the head; emphasis on body punching
- "5 Second Rule": Instructors stop sparring 5 seconds too soon rather than 1 second late
- Skilled boxers will not train with lower skilled Cadets

Standing Initiatives

- Keller Army Community Hospital Staff provides highest level of professional care
- Strict adherence to the Return to Play/Return to Learn Protocol
- Athletic Trainers maintain Concussion Tracker to identify trends for continual course refinement
- Constant re-evaluation of safety equipment innovations
- Physician and Athletic Trainers follow Concussion and Emergency Action Plans IAW Zurich Guidelines and DoD-VA Guidelines





UNITED STATES MILITARY ACADEMY
WEST POINT

Comments