

DACOWITS RFI #1



**Physical Education Department
U.S. Naval Academy (USNA)**

Dr. Thomas Virgets

8 December 2016



DACOWITS – Gender Integration (RFI #1)

The Committee requests a briefing from each of the Military Service Academies* regarding the gender integration of boxing, to include the following: **Baseline explanation behind the program's history and design (e.g., curriculum development and objective, etc.); Identification of whether program is optional or a mandatory course requirement for graduation;** Science based research of selected concussion protocol and potential value of standardizing a protocol amongst the Military Service Academies; Types of protective safety gear that are required to be worn during matches and other risk mitigation efforts; and How do you assess whether your boxing program is meeting your objectives?

- **Women's Boxing at the U.S. Naval Academy (USNA) was integrated into the Physical Education (PE) curriculum in Spring Semester 1996**
- **Curriculum is comprised of 8 lessons that provide offense and defense boxing instruction, including 1 graded bout**
- **Boxing is a mandatory class and a graduation requirement**
- **Program objectives include:**
 - Use boxing as a mechanism to provide midshipmen (MIDN) understanding of how to personally react to a stressful environment where personal harm can be inflicted
 - Teach MIDN how to react appropriately and manage a stressful environment where personal harm can be inflicted



DACOWITS – Gender Integration (RFI #1)

The Committee requests a briefing from each of the Military Service Academies* regarding the gender integration of boxing, to include the following: Baseline explanation behind the program’s history and design (e.g., curriculum development and objective, etc.); Identification of whether program is optional or a mandatory course requirement for graduation; **Science based research of selected concussion protocol and potential value of standardizing a protocol amongst the Military Service Academies;** Types of protective safety gear that are required to be worn during matches and other risk mitigation efforts; and How do you assess whether your boxing program is meeting your objectives?

- **There has not been a specific effort to standardize concussion protocols between the Military Service Academies (MSAs)**
- **Defense and Veterans Brain Injury Center (DVBIC) has posted guidelines for deployed and garrison troops, so this would be a core guideline, and sports medicine organizations have also provided guidance**
- **MSAs likely have the same elements in institutional protocols, but would be site-specific depending on how the institution runs its clinic and resources available**
- **USNA Concussion Guideline has been reviewed and approved by the National Collegiate Athletic Association (NCAA)**

Recommendation: Change “science based” research of selected concussion protocols to “evidenced based” research. Science based may or may not equate to best practices of care.



DACOWITS – Gender Integration (RFI #1)

The Committee requests a briefing from each of the Military Service Academies* regarding the gender integration of boxing, to include the following: Baseline explanation behind the program's history and design (e.g., curriculum development and objective, etc.); Identification of whether program is optional or a mandatory course requirement for graduation; Science based research of selected concussion protocol and potential value of standardizing a protocol amongst the Military Service Academies; **Types of protective safety gear that are required to be worn during matches and other risk mitigation efforts**; and How do you assess whether your boxing program is meeting your objectives?

- **Headgear is full faced and gloves are 14oz for classes. USA Boxing approved competition headgear and 12oz gloves are used for collegiate competition**
- **Operational Risk Management standards:**
 - Instructor is in ring during all testing and positioned to stop contest immediately should a MIDN become overwhelmed
 - All MIDN are instructed to report any headaches, injuries or illness prior to the start of class
 - An athletic trainer is on call in the gym during class sessions
 - MIDN are instructed to sit on bleachers at the end of the test period. Instructor observes and asks MIDN if anyone requires medical attention. MIDN check on their test partner following a bout and report to instructor any unusual behavior
 - Boxing room is equipped with an emergency phone and instructions on who to call in the event of an emergency



DACOWITS – Gender Integration (RFI #1)

The Committee requests a briefing from each of the Military Service Academies* regarding the gender integration of boxing, to include the following: Baseline explanation behind the program's history and design (e.g., curriculum development and objective, etc.); Identification of whether program is optional or a mandatory course requirement for graduation; Science based research of selected concussion protocol and potential value of standardizing a protocol amongst the Military Service Academies; Types of protective safety gear that are required to be worn during matches and other risk mitigation efforts; **and How do you assess whether your boxing program is meeting your objectives?**

- **Trained boxing instructors evaluate each MIDN during the graded bout based on the following two criteria:**
 - MIDN's form, offense, defense, fortitude, and ring craftsmanship
 - MIDN's demonstration of their ability to meet class objectives
- **MIDN bout responses are categorized by 1 of 3 performances. MIDN must demonstrate their ability to respond as defined in Response 1 to successfully complete course requirements:**
 - Response 1: MIDN will demonstrate ability to mount a controlled aggressive attack or counter-attack
 - Response 2: MIDN will give into stress, become paralyzed by fear, and be unable to demonstrate a controlled aggressive attack or counter-attack
 - Response 3: MIDN will give into stress, manage fear with uncontrolled rage, and be unable to demonstrate a controlled aggressive attack or counter-attack
- **MIDN who are determined to fall into Response 2 or 3 will be referred to remedial boxing until they demonstrate Response 1**