

Ron Frazier
Boxing Coach

1. What sport did Ron Frazier originally plan to coach before transitioning to boxing?

- A. Football
- B. Basketball
- C. Baseball
- D. Soccer

Answer: _____

2. How did Ron Frazier start coaching boxing?

- A. He was personally trained as a boxer.
- B. He was convinced by a friend to try coaching.
- C. He studied sports science at university.
- D. He was discovered by a talent scout.

Answer: _____

3. Which university's boxing team did Ron Frazier help coach?

- A. UCLA
- B. UNLV
- C. University of Michigan
- D. Harvard

Answer: _____

4. Which of these fighters did Ron Frazier not mention working with?

- A. Randy Couture
- B. Forrest Griffin
- C. Conor McGregor
- D. Vitor Belfort

Answer: _____

5. What is one of the key elements Ron Frazier focuses on in coaching?

- A) Only physical training
- B) Mental and emotional health
- C) Dieting only
- D) Aggressive fighting techniques

Answer: _____

6. What degree does Ron Frazier hold that helps him in his coaching career?

- A. Psychology
- B. Kinesiology
- C. Nutrition
- D. Sports Management

Answer: _____

7. According to Ron Frazier, what must fighters be willing to risk in the ring at the highest level?

- A. Their reputation
- B. Their coaching relationships
- C. Their life
- D. Their long-term health

Answer: _____

****Written Response Questions****

8. Discuss how Ron Frazier's background and experiences in other sports contributed to his approach in coaching boxing.

9. Reflect on the importance of understanding both physical and emotional health in sports, as emphasized by Ron Frazier.

10. Based on Ron Frazier's experiences, write about the role of a coach in handling and preparing athletes for the psychological pressures of competitive sports.
