



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	S	273	B	190	Accredited until				Renewal date		
	Branch of Science		Progr.	Registr. №.							

Entitlement

Coaching Science of Selected Sport IV (Boxing)

Prerequisites

Fulfilling the requirements of the first course

Course (module) Learning Outcomes

№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1		Debates	Colloquium (interview led by lecturer and / or specialist)
2		Simulation (engineering, technology or process simulation)	Colloquium (interview led by lecturer and / or specialist)
3		Individual project	Individual project
4		Discussion	Case analysis (study)
5		Literature analysis	Colloquium (interview led by lecturer and / or specialist)
6		Individual project	Individual project

Main aim

Objective: To teach the student to self-improvement, information technology, analysis and structuring, training methodology framework, applying different teaching methods and forms of organization, understanding the training load and level of training concepts and understand how to set up the first race boxer, boxing techniques to classify the actions, explaining the boxing biomechanics and basic technical mastery criteria, know boxing technique training ranking.

Summary

Boxing workout and training principles, techniques, training organization, boxing skill training slots, stage, and level of training exercise workout concept of boxers training the first competition; Technical action classification; hand dressings and taping, boxing equipment biomechanical basics of boxing techniques, basic concepts, technical mastery criteria; Boxing technique training ranking.

Level of module

Level of programme		Subject group (under the regulation of the area)
Cycle	Type	
First	Bachelor	Bendrojo universitetinio lavinimo

Group under financial classification

Syllabus

№.	Sections and themes	Responsible lecturer
1.	Movement, misleading actions technical basics	
2.	Boxers tactical training: boxer individual tactical mastery training, tactical training for the tournament, fighting in the ring thinking, tactics against different styles of boxers, boxer timekeepers help	
3.	Boxers physical training: strength, speed, endurance, flexibility, coordination, training methodology, physical characteristics of education based on age, Critical Periods	
4.	Psychological preparation, determination and mental readiness assessment, mental status management	
5.	Boxing biomechanical foundations, basic concepts, technical mastery criteria	
6.	Boxer Nutrition, Weight Management	

№.	Sections and themes	Responsible lecturer
7.	Accumulation portfolio	

Evaluation procedure of knowledge and abilities:

References

№.	Title	Edition in Lithuanian Sports University library		In Lithuanian Sports University bookstore	Number of ex. in the methodical cabinet of the depart.
		Pressmark	Number of exemplars		
1.	V. Bružas, V. Mačiulis. Boksas. Istorija, teorija, didaktika, Kaunas, 2008	ISBN 978-9955-622-78	40	Yes	2
2.	V.H Ostjanov, I.I Gaidamak. Boks. Kijev, Olimpiskaja literatura, 2001	ISBN966-7133-38-9	2	Yes	2
3.	A. A. Atilov. Sovremeni boks/ serija "Mastery boevix iskustv". Rostov na Donu. Feniks, 2003		10	Yes	1
4.	V. I. Filimonov, Boks. Teotija i metodika boksa. Moskva: Insan. 2006.		10	Yes	2

Additional literature

№.	Title
1.	J.Mack, S.Stojasih, D.Sherman, N.Dau, C.Bir. Amateur boxer biomechanics and punch force. http://w4.ub.uni-konstanz.de/cpa/article/view/4491
2.	V.H Ostjanov, I.I Gaidamak. Boks. Kijev, Olimpiskaja literatura, 2001
3.	Aerobic capacity is correlated with the ranking of boxers. Bružas, Vidas ; Lietuvos sporto universitetas.; Stasiulis, Arvydas
4.	Impact of physical training mesocycle on athletic and specific fitness of elite boxers. Čepulėnas, Algirdas; Bružas, Vidas; Mockus, Pranas; Subačius, Vitalijus, 2011
5.	Skirtingų svorio kategorijų boksininkų reakcijos, rankų judesių greitumo ir tikslumo lyginamoji analizė. Bružas, Vidas; Čepulėnas, Algirdas; Mickevičienė, Dalia; Mockus, Pranas, 2009
6.	Sport-specific repeated sprint training improves punching ability and upper-body aerobic power in experienced amateur boxers. Kamandulis, Sigitas; Bružas, Vidas [Bružas, Vidas]; Mockus, Pranas; Stasiulis, Arvydas; Sniečkus, Audrius [Snieckus, Audrius]; Venckūnas, Tomas [Venckunas, Tomas, 2018
7.	Aerobic capacity is correlated with the ranking of boxers. Bružas, Vidas ; Lietuvos sporto universitetas.; Stasiulis, Arvydas ; Lietuvos sporto universitetas ; Čepulėnas, Algirdas ; Lietuvos sporto universitetas ; Mockus, Pranas ; Lietuvos sporto universitetas ; Statkevičienė, Birutė ; Lietuvos sporto universitetas ; Subačius, Vitalijus ; Lietuvos sporto universitetas. ISSN: 0031-5125, 2014
8.	16–17 metų boksininkų specialiojo fizinio parengtumo kaita varžybų laikotarpiu. Bružas, Vidas; Čepulėnas, Algirdas; Mockus, Pranas; Naudžius, A.; Subačius, Vitalijus; ISSN: 2029-1590, 2009
9.	Lietuvos rinktinės boksininkų kūno sudėjimo atletinio ir specialiojo fizinio parengtumo tyrimo duomenys bei jų sąsajos ryšiai. Bružas, Vidas; Mockus, Pranas; Čepulėnas, Algirdas; Mačiulis, Virgilijus-Vytautas; ISSN: 1392-1401 Sporto mokslas. Vilnius : Lietuvos sporto informacijos centras. 2008, Nr. 4(54), p. 50-57.
10.	The alteration of young boxers' athletic and special physical fitness during the first year of their physical training. Čepulėnas, Algirdas; Subačius, Vitalijus; Bružas, Vidas; Mockus, Pranas; ISSN: 1392-5644 Ugdymas. Kūno kultūra. Sportas. Kaunas : Lietuvos kūno kultūros akademija. 2007, Nr. 4(67), p. 5-11

Coordinating lecturer

Position	Degree, surname, name	Schedule №.
Lecturer		337

Subdivision

Entitlement	Code
a	2005

