

LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Mo	odule Code			27	73	В	15T	Accredited			Ren	iewal date		
		Bı	anc	h of Scie	ence	Progr.	Registr. №.	untıl						
Enti	tlement													
Coa	ching Scie	nce of S	elee	cted Spo	ort III	(Boxing)								
Prer	equisites													
Fulf	illing the r	requirem	ent	s of the	first c	ourse								
Mai	n aim													
Obje	ective: To	teach th	e sti	udent to	self-i	mprovem	ent, information	n technology, ar	naly	vsis ar	nd struc	cturing,		
trair	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													
unde	understanding the training load and level of training concepts and understand how to set up the first race													
boxe	boxer, boxing techniques to classify the actions, explaining the boxing biomechanics and basic technical													
mastery criteria, know boxing technique training ranking.														
Provided knowledge and abilities														
Will be able to work and grow their own, will be able to apply knowledge in practice, will be able to														
process information, to be able to organize and plan, grounding in the principles of training, will be able to														
unde akill	understand the training load and level of training concepts that will pay you to workout techniques, know-													
skills training phases and stages, grounding boxers covered by the first pre-competition features,														
metl	methodology													
Summary														
Summary Boying workout and training principles, techniques, training organization, boying skill training slots														
stag	boxing workout and training principles, techniques, training organization, boxing skill training slots,													
actio	on classific	cation: h	and	dressir	ngs and	l taping. h	oxing equipme	nt biomechanic	al h	asics	of box	ing		
tech	niques, bas	sic conc	epts	s. techni	ical ma	asterv crit	eria: Boxing teo	chnique training	ra	nking				
Leve	el of modu	le	1	,		,	,		,	0				
	Level of	program	nme	,										
Cvc	le	Tvne				Su	bject group (un	der the regulation	on	of the	area)			
First	+	Rachelo	r		Bend	rojo univ	ersitetinio lavin	imo						
Gro	ın under fi	nancial	r clas	sificati	on	iojo ulliv		iiiio						
Sull	ap under m	manciai	cias	sincati	UII									
Syn	aous									l	Dee	nonsihla		
N <u>∘</u> .					Sec	tions and	themes				le	ecturer		
1	Boxing to	echnique	e: ba	asic cor	ncepts,	shock, ko	ontratakuojamie	ji actions, defer	ise					
1.	and move	ement te	chn	iques d	eceive	actions	-	-						
2.	Boxing b	oiomecha	nic	al foun	dation	s, basic co	oncepts, technic	al mastery crite	ria					
3.	Blows fro	om a far	-rar	nge com	bat tee	chniques l	basics							
4.	Blows fro	om the r	ned	ium and	1 close	-range co	mbat technique	basics.						
5.	Defense	and cour	nter	-attack	action	technical	basics.							
6.	Research	on the o	chos	sen topi	c of th	e final wo	ork							
7.	Accumul	ation po	rtfc	olio										
Teac	ching/learn	ing met	hod	ls:										
Liter	rary studie	s, mode	ing	, discus	ssions,	debates, o	cross-talk, expla	anation, demons	stra	tion.				

Evaluation procedure of knowledge and abilities:

References

		Edition in Li	thuanian		Number of
		Sports Univers	sity library	In Lithuanian	ex. in the
№.	Title		Number of	Sports University	methodical
		Pressmark	exemplars	bookstore	cabinet of
			exemplars		the depart.
1	V. Bružas, V. Mačiulis. Boksas. Istorija,	ISBN 978-	40	Vas	2
1.	teorija, didaktika, Kaunas, 2008	9955-622-78	40	105	2

			Edition in L	ithuanian		Number of					
			Sports Univer	sity library	In Lithuanian	ex. in the					
N <u>∘</u> .		Title		Number of	Sports University	methodical					
			Pressmark	exemplars	bookstore	cabinet of					
				1		the depart.					
2.	V.H Ostjanov, I	I Gaidamak. Boks. Kijev,	ISBN966-	1	Yes	1					
	Olimpiskaja lite	$\frac{ratura, 2001}{1 + 1 + 1 + 1}$									
2	V. Maciulis, V.	Ivaskiene, v. Bruzas, D.		20	No	5					
э.	fizinis rengimas	Kaunas 2010		50	INO	5					
	Iziliis teligiliids	hampionship Fighting:									
4	Explosive Puncl	hing and Aggressive			No						
	Defense Paperba	ack. USA. Jan 6, 2015			110						
	David James Ch	ristian. Aggressive									
~	Defense: Blocks	s, Head Movement &			NT						
Э.	Counters for Bo	xing, Kickboxing & MMA			NO						
	Paperback. USA, May 1, 2020										
Add	itional literature										
№.	Title										
1	J.Mack, S.Stojsi	h, D.Sherman, N.Dau, C.Bir.	Amateur boxer	biomechan	ics and punch force	e.					
1.	http://w4.ub.uni	-konstanz.de/cpa/article/view	/4491								
2.	A. Šocikas, V. N	Mačiulis. Pradedančiųjų boksi	ninkų mokymo	metodika.V	ilnius, 1978						
3	M. Chia, Abdul	R. Aziz. Modelling Maximal	Oxygen Uptake	e in Athlete	s: Allometric Scali	ng					
	Versus. Singapo	ore, 2008									
4.	A. A. Atilov. So	ovremeni boks/ serija "Master	a boevix iskustv	". Rostov n	a Donu. Feniks, 20	003					
Coo	rdinating lecturer				~						
	Position	Degree, surna	ime, name		Schedule N	⊵.					
	Lecturer				337						
Subo	division										
		Entitlem	ent			Code					
		Department of Coa	ching Science			2005					
		64 J 1 1 4									
		Study module t	eaching form J	Nº. 1							

							S	tru	ctu	ire						-		.1				
Semester		Mo	de of stu	Theory	Semi	inar	nars La Wo		ab orks	5	Ind. work		hours				Cre	edits				
A S			D			6	1	6			4			10	4		130)	5		5	
Languages of in																						
Lithuanian L	E	nglis	sh E	R	ussia	n R	Fre	nch	1	F			G	erm	an	G			Other Oth.			
Plan of in-class	Plan of in-class hours																					
No of Themes			Academ	ic ho	ırs		No of	ԴԴհ	on	ne					Ac	cade	emio	e he	ours			
Jv₂. Of Themes	Theo	ry	Semin	ars	Lab	Works	JN≌. 01		Themes			Т	he	ory	S	Sem	inaı	rs	La	Vorks		
1.	2		3			1		4.					1			3			1			
2.	1		3			1	5.]	l		3				0)		
3.	1		3		1		6.				2				3			0)		
							Total:			8				18			4					
Schedule of ind	ividual	wor	k tasks :	and th	eir ir	nfluence	e on fina	ıl gı	rad	le												
		N	⁰. of	Tota	Infl	uence of	n grade,	W	eel	k c	of j	pre	sei	ntm	ent (of ta o)	ask	(*)	and	rep	orting	
		syl	labus	hours	5	%		12	123456		57	8	9 10) 11	12	13	14	15	16	17-20		
Portfolios/learnir logs	ıg		6	10		10		*													0	
			1	10		10		*	<									0				
Exam			1-5	32		40			*												0	
Individual Home	work		5	18		15					*								0			

	№. of syllabus	Total	Influence on grade, %	Week of presentment of task (*) and reporting														
		nours		1	23	4	5	6	78	9	10	11	12	13	14	15	16	17-20
Seminar	4	10	15						*								0	
Case analysis (study)	2-3	20	10										*					0
Total:	-	100	100															

Study module teaching form No. 2

	Τ							Str	uc	tu	re					,	T - 4	- 1			
Semester		Mo	de of s	Theory	Sen	nin	ars	3	La Wo) KS	Ind. work		hours			Cr		edits		
A S			Ν			6		12			12			10	0	130)	5		5
Languages of in																					
Lithuanian L		Engli	sh E	Ι	Russia	n R	Fr	en	ch		F		(Bern	an	G			Otl	her	Oth.
Plan of in-class hours																					
No. of Themas			Acade	mic ho	ours		No. c	fī	ГЬ	2122					Α	cademic hours					
Nº. 01 Themes	Tł	neory	Semi	nars	Lab	JNº. OI Themes						Theory				ina	rs	Lab Works			
1.		1	2	2		2	4.						1			2			2		2
2.		1	2			2	5.						1			2			2		2
3.		1	2	,		2	6.						1			2			2		2
										Total: 6						1	2		12		
Schedule of indi	vidu	ual wor	k task	s and t	heir i	nfluence	on fin	al	gra	ad	e										
		<u>№</u> .	of	Total	Influ	ence on	grade,	V	Ve	ek	of	pro	ese	ntm	ent (of ta (0)	ısk ((*)	and reportin		
		sylla	abus	nours		%		1	23	34	5	67	8	9 10	11	12	13	14	15	16	17-20
Individual Homework		1-	-5 30			30		*			0									0	
Exam		1-	·6	40		50		Π			*		Π								0
Individual Homework		6 30		30		20						*							0		
Tot	al:	-		100		100															