



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	S	273	B	15T	Accredited until			Renewal date		
	Branch of Science		Progr.	Registr. №.						

Entitlement

Coaching Science of Selected Sport III (Boxing)

Prerequisites

Fulfilling the requirements of the first course

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.

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 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, grounding boxing biomechanics and technical mastery criteria, grounding in technical action learning methodology.

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	

Group under financial classification

Syllabus

№.	Sections and themes	Responsible lecturer
1.	Boxing technique: basic concepts, shock, kontratakuojamieji actions, defense and movement techniques deceive actions	
2.	Boxing biomechanical foundations, basic concepts, technical mastery criteria	
3.	Blows from a far-range combat techniques basics	
4.	Blows from the medium and close-range combat technique basics.	
5.	Defense and counter-attack action technical basics.	
6.	Research on the chosen topic of the final work	
7.	Accumulation portfolio	

Teaching/learning methods:

Literary studies, modeling, discussions, debates, cross-talk, explanation, demonstration.

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

