



NS NIS PATIALA

SYLLABUS FOR DIPLOMA IN SPORTS COACHING

DISCIPLINE:	BOXING
COURSE CODE:	BX - 05



Total Credits: 24	Semester - I	L	Assignment	P	SW/FW	TOTAL CREDIT UNITS
		80	20	300	30	12
		(L-Lecture, P-Practical, SW-Self Work, FW-Field Work)				
	Semester - II	L	Assignment	P	SW/FW	TOTAL CREDIT UNITS
		80	20	300	30	12
		(L-Lecture, P-Practical, SW-Self Work, FW-Field Work)				

COURSE OBJECTIVES:

- To help the Coach in understanding the fundamental classification of the core subject as a base build in boxing.
- To illustrate the fundamental offensive and defensive actions, sparring and it's technical and tactical development.
- To understand about latest officiating rules and layout of the field of play, know the duties and responsibilities of the competition officials and seconds.
- To understand how the formulations of periods (Periodisation) help to achieve the performance of a boxer.
- To ensure in understanding (enable the coaches to design) the training program / coaching session plans and its application at various age groups.

LEARNING OUTCOMES:

- It will enable the student to learn proper basic boxing techniques and relate with mechanics behind it
- It will enable the student to demonstrate offensive and defensive action and their tactical applications easily and efficiently
- Student will be able to build training sessions, realize and apply various methods and means of boxing specific physical qualities, and technical and tactical skills
- It will enable the students to determine to great extent the means and method of training planning, organization, implementation & assessment of training
- Student will be able to Illustrate the principles of officiating and enable the student to understand the role, duties and responsibilities of seconds during competition
- Student will be able to distinguish various periods, to know over training and will be able to know super compensation, apply progressive loading and planning for a boxer
- Learner will be able to recognise the factors in the boxers' personality that are required for specific style and will be able to construct an individual boxing style.

SKILLS DEVELOPED:

- Strategic and systematic planning.
- Learning the correct techniques for imparting Boxing skills.
- Organize and deliver boxing sessions.
- Correct holding of the punching pad.
- Wrap hands professionally.
- Program designing, planning and periodization.
- Teach a boxer how to spar against different styles of opponents.

DETAILED SYLLABUS - SEMESTER I

THEORY I

(Total Credit: 4)

Unit No.	Description/Topics Covered	Teaching Method	No. of Hours (period)	Online/Class room	Faculty
1.	History and Terminology of Boxing	L/SW	4	Online/Class Room & Both	Jitender Raj Singh
	a) Historical Development of Boxing b) Women Boxing c) Terminology used in Boxing d) Competition in Boxing				Sujeet Singh Sikander Patel Abhishek Sah
2.	Technical aspect in Boxing	L/P	20		
	a. Boxing Basics (i) On guard (ii) Footwork. b. Offensive Action c. Defensive Action d. Means of Developing Boxing Techniques e. Art of making Combinations				
3.	Facilities, Gears and their Maintenance in Boxing	L	2		

	a. Maintenance of the Equipment and Boxing Gymnasium b. Importance of Equipment for the safety of a Boxer Latest Equipment for training and coaching in Boxing				
4.	AIBA Rules				
	a) Technical and completion Rules b) Rules for scoring d) Rules for completion Equipment and Uniform	L	30		
5.	Tactical Aspect in Boxing				
	Ranges/Distances in Boxing: a. Long Range/Distance b. Medium Range/Distance c. Close Range/Distance Sparring: a. School Fight b. Technique Sparring c. Control Sparring d. Free Sparring e. Competition Bout	L	8		
6.	Physical Qualities Required in Boxing	L	12		

	a. Endurance b. Strength c. Speed				
7.	Performance Structure in Boxing	L	2		
	a. Importance. b. Requisite of Boxer.				
8.	Pedagogic Practice	L	2		
	Teaching of Basic Boxing skills and making of Lesson Plan Organizational structure: a. Teaching Methods. b. Training Methods. c. Organizing Training Sessions. d. Lesson Plan. Technique Analysis Chart for Basic Techniques				

PRACTICAL I

Total Credit: 8

Unit No.	Description/Topics Covered	Teaching Method	No. of Hours (period)	Online/Class room	Faculty
1.	General Topics	P	30		Jitender Raj Singh Sujeet Singh Sikander Patel
	Structural and Orderly Exercise a. Organization of the class ❖ Warming up b. General & Specific ❖ Warming Down				
2.	Boxing Basic	P	10		
	a. Clenching of Fist and wrapping of Bandage b. On Guard Position c. Foot Work- ❖ Advance, Backward ❖ Left, Right ❖ Circling to the left, Circling to the right ❖ Side Step				
3.	Technical aspect in boxing	P	130		

	<ul style="list-style-type: none"> a. Offensive Actions b. Defensive Actions c. Combinations in Boxing d. Practice of Boxing Techniques and their development 				
4.	Ranges/Distances in Boxing				
	<ul style="list-style-type: none"> a. Long Range/Distance b. Medium Range/Distance c. Close Range/Distance <p>Sparring:</p> <ul style="list-style-type: none"> a. School Fight b. Technique Sparring c. Control Sparring d. Free Sparring e. Competition Bout. 	P	60		
5.	Development of General and Specific Motor Qualities				
	<p><input type="checkbox"/> Means and Methods for the development of</p> <ul style="list-style-type: none"> a. Endurance b. Strength c. Flexibility 	P	30		

	d. Coordination (Ladder Training)				
6.	Pedagogic Practice				
	<input type="checkbox"/> Teaching of Basic Boxing skills Organizational structure: a. Teaching Methods. b. Training Methods. c. Organizing Training Session. d. Lesson Plan.	P	40		

DETAILED SYLLABUS - SEMESTER II

THEORY II

Total Credit: 4

Unit No.	Description/Topics Covered	Teaching Method	No. of Hours (period)	Online/Class room	Faculty
1.	Strategy	L	15		

	a. Strategy of various types of Boxer <ul style="list-style-type: none"> • Taller • Shorter • Rusher • South Paw • Maneuver • High Speed / Tempo • Hard Hitter / KO Boxer • Universal b. Individual conception of Boxing				Jitender Raj Singh Sujeet Singh Sikander Patel Abhishek Sah
2.	Definition and Importance of Ring strategy, Ring Tactics and Ring Craft in boxing				
	1. Ring Generalship: <ul style="list-style-type: none"> a. Feinting b. Drawing c. Infighting and Shelling up d. Corner Boxing e. Clinching f. Caught on the Ropes 2. Dirty Tricks used by the boxer	L	12		
3.	Planning and Periodization	L	12		

	<ul style="list-style-type: none"> a. Definition, types and formulation of plan b. Direct preparation for a competition c. Long Term performance development 				
4.	Role of Seconds				
	<ul style="list-style-type: none"> a. Prior to the Competition b. During the Competition c. Before, During & After the Bout <p>Psychological Preparation of a Boxer</p> <ul style="list-style-type: none"> a. During Training b. Competition <p>Team Management and strategy at Boxing Competition</p>	L	6		
5.	Punching Pad				
	<ul style="list-style-type: none"> a. Importance of punching pad b. Role of punching pad in teaching, training and coaching c. Use of punching pad by coaches in competition 	L	2		
6.	Weight Monitoring	L	2		

	a. Weight management and weight control in boxing b. Means and method used by boxer for weight control				
7.	Identification and Development of talent in Boxing				
	a. Definitions, Principles and importance b. Test and Measurements	L	4		
8.	Performance Analysis				
	Analysis of sparring Bouts Video analysis of Olympic Games, world championship, Asian games and common wealth games.	L	10		
9.	Related to AIBA				
	a. AIBA Medical Rules b. WSB Competition rules	L	15		
10.	Pedagogic Practice	L	2		
	Coaching of deferent style of boxers a. Strategy b. Making of Coaching lesson plan				

PRACTICAL II

Total Credit: 8

Unit No.	Description/Topics Covered	Teaching Method	No. of Hours (period)	Online/ Class room	Faculty
1.	Individual Conception of Boxing:				
	<ul style="list-style-type: none"> • Individual style of Boxing in various Models, their perfection and variations. • Development of individual style of Boxer: <ul style="list-style-type: none"> • Taller • Shorter • Rusher • South Paw • Maneuver • High Speed / Tempo • Hard Hitter / KO Boxer • Universal • Importance of Punching Pad for a Coach 	P	150		

	<ul style="list-style-type: none"> • Use of punching pad for coaching and in competition. 				
2.	Ring Generalship:				
	<ul style="list-style-type: none"> • Feinting • Drawing • Infighting and Shelling up • Corner Boxing • Clinching • Caught on the Ropes 	P	20		
3.	Technical, Tactical perfection and Variations of Fundamental in Sparring of different Style of Boxers	P	30		
	Organization of Sparring Sessions				
4.	Organisation of Training Programs	P	35		

	<input type="checkbox"/> Endurance, Strength, Speed <input type="checkbox"/> General & Specific				
5.	Pedagogic Practice				
	Coaching of deferent style of boxers ❖ Strategy ❖ Coaching plan	P	60		
6.	Test and Measurement in Boxing				
	<input type="checkbox"/> Motor Ability Test <input type="checkbox"/> Skill Test	P	5		

Training Books, Journals, Online Resources Prescribed for Trainees

AIBA Documents:

- AIBA Technical and Competition Rules
- WSB Competition Rules
- AIBA Medical Rules
- Ali, Mohammed (1975). The greatest my own story. New York Random House.
- Amateur Boxing Association. Know the game amateur boxing. London educational productions.
- Bert Blewett (1996). The A-Z of world Boxing. Robson Books.
- Carpenter, Harry (1975). Boxing a Pictorial History London William Collins.
- Cooper, Henry (1975). Boxing. Pelham Books, London.

- David Janes (1988). Boxing skill for fun and fitness. Coles Publishing Company Ltd.
- Diamond, Wilfrid (1953). Blood Sweat and Jack Dempsey. Kingswood: The World Work.
- Fielder, Horst (1975). Box Sport. Berlin Sport Verlag.
- Fleischer, Nat (1979). A pictorial History of Boxing. London Hamlyn.
- Harry Mullan(1999). The world of Encyclopaedia of Boxing. Printed in Dubai.
- Inch, Thomas. Boxing for Beginners from novice to champion. Kingswood: The world's work.
- Lafond, Eddoe (1959). Better boxing an illustrated guide. New York Ronald Press.
- Mcinnos, Peter (1960). Tackle boxing this way. London: Stanley Paul.
- Peter, Delasquale (1990). The boxers Work out. Fighting Fit Inc. N.Y.
- Silks, Donald K. Your book of boxing. London: Faber & Faber.
- Sugar, Bort Randolph (1981). The great fights a pictorial history of boxing great bouts. New York: gallery books.
- Thomas Inch(2003). Play & Learn Boxing. Chawla Printers, New Delhi.
- United States Navy. Department publication. US-Navy.
- Thomas Champ (1997). Boxing's dirty tricks and outlaw killer punches.
- Sidhu Amarjit, Singh Agyajit (2007).Psychological traits of boxer. Twenty first century publishers.
- Gupta T.L; Sharma, R.K & Sharma, Prem Nath (2001). Training Manual. SAI NIS, Patiala.

ASSESSMENT			
	Semester 1	Semester 2	Internal/External %
Theory Monthly Assessments	<p>Monthly Assessment by using Online Testing Tools with Multiple Choice questions & Assignments</p> <p>Total – 4 Assessments</p>	<p>Monthly Assessment by using Online Testing Tools with Multiple Choice questions & Assignments</p> <p>Total – 4 Assessments</p>	<p>30% marks of internal assessment will be done on the basis of the marks scored in monthly assessment by adding all the score.</p> <p>Test data will be recorded for reference</p>

Monthly Practical/Lab/Field	Monthly Assessment Practical demonstration & Execution of learnt Techniques Total – 5 Assessments	Monthly Assessment Practical demonstration & Execution of learnt techniques Total – 5 Assessments	30% marks of internal assessment will be done on the basis of the marks scored in monthly assessment by adding all the score Test data will be recorded for reference
Theory Exam	At the end of Semester I	At the end of Semester II	70% of total score in Practical
Practical Exam	At the end of Semester I	At the end of Semester II	70% of total score in Practical