

Martial Arts

(boxing)

Work program of the discipline (Syllabus)

Details of the discipline

The level of higher education	<i>The First(Bachelor degree)</i>
Branch of knowledge	<i>All</i>
Specialty	<i>All</i>
Educational program	<i>All</i>
Discipline status	<i>Selective</i>
Form of studying	<i>Full – time (daily)</i>
Year of preparation, semester	<i>2 – nd year, autumn/ spring semester</i>
The scope of the discipline	<i>2 credits (60 hours) classroom classes: lectures - 0 hours, practical - 36 hours, self- studying -24 hours</i>
Semester control / control measures	<i>Credit, modular test, calendar control</i>
Lessons schedule	<i>2 hours per week</i>
Language of instruction	<i>Ukrainian</i>
Information about the course leader / teachers	<i>fv.fbmi.kpi.ua</i>
Course placement	<u>Boxing educational department</u> <u>https://do.ipk.kpi.ua/course/view.php?id=2340</u>

Curriculum of the discipline

1. Description of the discipline, its purpose, subject of study and learning outcomes

The main purpose of the discipline "Martial Arts (boxing)" is the formation of students' ability to maintain a sufficient level of physical health, physical and mental capacity; to develop the basic vital professional-applied motor skills; to form motivation to engage in physical activity and sports as a component of a healthy lifestyle;

The discipline "Martial Arts (boxing)" is interdisciplinary. It integrates, according to its subject, knowledge of medical-biological, psychological-pedagogical and other sciences, which contribute to the level of physical development, functional improvement of body systems, acquisition of basic vital motor skills, skills for further professional activity. As a result of studying the discipline "Martial Arts (boxing)" students will be able to:

- 1) use the means of table tennis to improve physical and mental performance, development of physical qualities, recovery and health;
- 2) to exercise control and self-control over the functional state of the organism;
- 3) to ensure the preservation and strengthening of individual health in order to maintain an appropriate level of physical condition.

The content of the discipline

- Topic 1. Information support for boxing classes.
- Topic 2. Methods of determining the individual physical condition. Analysis and assessment of the level of individual physical fitness.
- Topic 3. Improving physical fitness by means of boxing
- Topic 4. Improving the technique of performing boxing exercises.
- Topic 5. Monitoring and assessing the level of own physical fitness.
- Topic 6. Improving physical qualities by means of boxing
- Topic 7. Testing the level of physical fitness

4. Educational materials and resources

Basic educational literature:

Educational manuals:

1. Innovative technologies of physical education of students [Electronic resource]: a textbook for students studying the discipline "Physical Education" and students majoring in 227 "Physical Therapy, Occupational Therapy" / H.L. Boyko [etc.]; KPI them. Igor Sikorsky; for general ed. Yu. M. Vykhylyeva. - Electronic text data (1 file: 5.72 MB). - Kyiv: KPI named after Igor Sikorsky, 2018. - 543 p. - Name from the screen. URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/27546>

Additional literature:

1. Physical education: Course of lectures on the discipline for students of all specialties / Structure. Vykhylyev Yu. M., Davydenko V. Yu., Boyko H.L, Karpyuk I. Yu. - K .: NTUU "KPI", 2007, p. 6 - 13.

2. Physical Education. Athletic gymnastics for beginners (back muscles) [Electronic resource]: methodical recommendations for independent work of students / KPI. Igor Sikorsky; structure. O.F. Tverdokhlib, M.G Masalkin, Yu. O. Martinov. - Electronic text data (1 file: 2.67 MB). - Kyiv: KPI named after Igor Sikorsky, 2017. - 43 p. - Name from the screen.

URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/20607>

3. Physical Education. Athletic gymnastics for beginners (muscles of the upper extremities) [Electronic resource]: methodical recommendations for independent work of students / KPI. Igor Sikorsky; O.F. Tverdokhlib, A.I. Sobolenko, M.M. Koryukaev. - Electronic text data (1 file: 1.47 MB). - Kyiv: KPI named after Igor Sikorsky, 2017. - 36 p. - Name from the screen.

URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/20606>

4. Physical education [Electronic resource]: methodical recommendations for independent physical education classes for students of the educational department of aerobics of NTUU "KPI". Methodical recommendations for students engaged in aerobics / NTUU "KPI"; structure. N.V.Ivanyuta, S.E . Tolmachova, N.V. Kuzmenko, N.V .Gradusova [etc.]. - Electronic text data (1 file: 32.4 KB). - Kyiv: NTUU "KPI", 2015. - 137 p. - Name from the screen.

URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/15480>

5. Physical Education. Methodical recommendations for performing a set of exercises with fitball for students of the aerobics department of NTUU "KPI" [Electronic resource] / NTUU "KPI"; structure. N.V . Ivanyuta, S.E. Tolmachev. - Electronic text data (1 file: 906 KB). - Kyiv: NTUU "KPI", 2015. - 42 p. - Name from the screen.

Description: The full text of the document is available only in the local network of the university

URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/11742>

6. Methodical recommendations for performing a set of exercises on the Pilates system [Electronic resource] / NTUU "KPI"; structure. S.E. Tolmacheva, N.V. Ivanyuta. - Electronic text data (1 file: 17.1 MB). - Kyiv: NTUU "KPI", 2014. - 66 p. - Name from the screen.

Description: The full text of the document is available only in the local network of the university

URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/8148>

7. Basic aerobics in the structure of health fitness [Electronic resource]: methodical recommendations for practical classes in the discipline "Physical Education" for students of all specialties / NTUU "KPI"; structure. NV Gradusova, NV Kuzmenko. - Electronic text data (1 file: 187 KB). - Kyiv: NTUU "KPI", 2011. - Name from the screen.

Description: The full text of the document is available only in the local network of the university

URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/1780>

Educational content

5. Methods of mastering the discipline (educational component)

Practical lesson №1. Objectives: 1. To provide theoretical knowledge on the history of the origin and development of boxing.

2. Get acquainted with safety and basic rules of practical tasks at the educational department of boxing.

3. Get acquainted with the rules of boxing competitions. in length, shuttle running, working with weights and dumbbells, bench press, medball.

Conducting an express survey

Practical lesson № 2. Tasks: 1. To determine the individual level of functional state of the cardiovascular system (CVS).

2. Get acquainted with the peculiarities of keeping a "Student Self-Control Diary".

3. Teach techniques for performing exercises for general development .

4. Contribute to the development of flexibility.

Tools: interactive materials, tests to assess the individual level of functional status of the cardiovascular system (CVS), indicators from the "Student Self-Monitoring Diary", exercises for general development, exercises for flexibility.

Conducting an express survey.

Practical lesson № 3. Tasks: 1. To acquaint with the fighting stance of a boxer.

2. Teach hand bandaging techniques.

3. Teach general physical training.

Tools: interactive materials, exercises in front of a mirror, conditional combat, jumping rope, barbell exercises and cross-country.

Conducting an express survey.

Practical Lesson № 4. Tasks: 1. To teach a boxer's fighting stance and the technique of moving in single, double steps, "shuttle".

2. Get acquainted with the technique of direct strikes.

3. Promote the development of speed and power qualities.

Means: interactive materials, step-by-step movement, hand exercises, work on tools, medball, work on paws.

Conducting an express survey.

Practical lesson № 5. Tasks: 1. To improve the technique of moving a boxer in single, double steps, "shuttle".

2. Teach the technique of protection against direct blows: step back, tilt left, right, stand left, right palm.

3. Contribute to the development of physical quality of dexterity.

Means: interactive materials, step-by-step movement, hand exercises, work on tools, jumping rope, exercises to strengthen arm muscles - work on bars and crossbars. {{1} } Conducting an express survey

Practical lesson № 6. Tasks: 1 To determine the individual level of the functional state of the respiratory system and the psychophysical state of students.

2. Improve the technique of performing strikes from the front rack.

3. Improve the technique of protection against direct impacts.

Means: interactive materials, tests to assess the individual level of the functional state of the cardiovascular system (CCC), low-intensity aerobic exercise, exercises that promote flexibility.

Conducting an express survey

Practical lesson № 7. Tasks: 1. To improve the technique of movement in a fighting rack with direct blows.

2. Get acquainted with the technique of performing a left-right blow to the torso with a bias.

3. Promote the development of the physical quality of strength.

Means: interactive materials, exercises in front of a mirror, conditional fight, free fight, work on guns, jumping rope, medball, work on bars and crossbars.

Conducting an express survey.

Practical lesson № 8. Tasks: 1. Teach the technique of protection by substituting the left shoulder.

2. Get acquainted with the technique of performing a side kick to the left, right to the head.

3. Contribute to the development of physical quality of a speed.

Means: interactive materials, exercises in front of a mirror, conditional fight, free fight, work on guns, work with a barbell, weights and dumbbells.

Conducting an express survey.

Practical lesson № 9. Tasks: 1. To teach the technique of performing a side kick with the left, right head.

2. Familiarize yourself with kidney protection techniques.

3. Contribute to the development of the physical quality of strength.

Means: interactive materials, work in front of a mirror, exercises on tools, jumping rope, shuttle running, shadow fighting, freestyle.

Conducting an express survey.

Practical lesson №10. Tasks: 1. To determine the individual level of the functional state of the cardiovascular system (CCC). Teach the technique of performing a counter-blow with the left to the torso to attack with a straight left to the head.

3. Promote the development of the physical quality of flexibility.

Tools: interactive materials, tests to assess the individual level of functional status of the cardiovascular system (CCC), strength exercises.

Conducting an express survey. Tasks: 1. To teach the technique of counter-hitting the left head.

2. Get acquainted with the technique of performing blows from below.

3. Contribute to the development of physical quality of speed.

Means: interactive materials, exercises in front of a mirror, conditional fight, free fight, work on guns, exercises with barbell weights and dumbbells.

Conducting an express survey.

Practical lesson № 12. Tasks: 1. To improve the technique of previously learned techniques and strokes.

2. Teach head-torso combinations in attack and counterattack.

Tools: interactive materials, exercises in front of a mirror, conditional combat, freestyle wrestling, gun work, exercises to strengthen arm muscles on bars and crossbars.

Conducting an express survey

Practical lesson № 13. Tasks: 1. To improve the technique of direct, side and bottom strikes from the training and combat rack.

2. Teach the technique of performing a counter-blow to the right head and protection against it.

3. Promote the development of physical quality of dexterity.

Means: interactive materials, shadow fight, work in front of a mirror, conditional fight, jumping rope, shuttle running, work on bars and crossbars.

Conducting an express survey.

Practical lesson №14. Objectives: 1. To determine the individual level of the functional state of the cardiovascular system (CVS). Improve the technique of attacking with a direct left to the head and counterattack with counter-direct blows to the head and torso.

4. Promote the development of the physical quality of strength.

Conducting an express survey.

Practical lesson №15. Tasks: 1. To acquaint with the technique of performing combinations of direct-side strikes.

2. Improve attack and counterattack techniques with direct and bottom strikes.

4. Promote flexibility.

Tools: interactive materials. Conditional fight, free fight, work on guns, jumping rope, work on paws, long jump, bench press.

Conducting an express survey.

Practical lesson № 16. Tasks: 1. Contribute to the manifestation of basic physical qualities.

Conducting an express survey.

Practical lesson № 17

Performing a modular test

Practical lesson № 18.

Conducting a credit.

6. Independent work of the student

Preparation for practical classes, calculations based on primary data obtained during and after functional tests (at the beginning of each month), performance of modular control work (17-th week), keeping a diary of self-control.

Policy and control

7. Discipline policy (educational component)

Class attendance rules: students who are late for classes are not allowed; students are admitted to classes if they have sportswear and sports shoes, and a certificate of their medical group for health reasons.

Rules of conduct in the classroom: turn off the phones, comply with safety requirements. Rules for the protection of individual tasks: compliance with the principle of academic integrity

Rules for awarding incentive points: incentive points are awarded for participation in competitions, sports and recreation activities according to the plan of the department, faculty, university (5... + 7 points); participation in city, national or international competitions (5... + 7 points), positive dynamics of physical condition in the diary of self-control (5... + 7 points).

The amount of incentive points may not exceed 10 points.

policy of deadlines and rescheduling: classes that are missed without good reason, are completed in the allotted time at the end of the semester. Students have the possibility of two reshuffles in the presence of the commission.

- other requirements that do not contradict the legislation of Ukraine and regulations of the University: when taking the test students must follow safety rules.
- policy on academic integrity : policy, principles of academic integrity and norms of ethical behavior of students and employees of the University are defined in the code of honor of KPI named after Igor Sikorsky (see: [https // kpi.ua / code](https://kpi.ua/code)).

Types of control and rating system for evaluation of learning outcomes (RSO)

1. Performing test tasks in practical classes

In practical classes №1-16 test tasks are evaluated in 1 point.

The maximum number of points for test tasks - 16 points.

2. Modular test

Conducted on the 17th practical lesson in the form of a test containing 30 test tasks, each correct answer is evaluated in 1 point.

Maximum score - 30 points.

3 . Keeping a Diary of Self-Monitoring

Keeping a diary is kept monthly.

Maximum score is 4 points.

tests on physical fitness - 50 points.

Jump up from a place (cm);

Men	55	51	48	43	40	≤39
Women	45	42	38	35	30	≤29
Points	10	9	8	7	6	5

Shuttle run 4 x 9 m, (sec)

Men	9,0	9,4	9,8	10,3	10,8	11,0	>11,0
Women	10,4	10,7	11,2	11,6	12,0	12,3	>12,3
Points	10	9	8	7	6	5	0

Strength exercise: men - pull-ups on the crossbar; women - flexion-extension of the arms lying down (times);

Men	10	9	8	7	6	5	<5
Women.	20	15	12	10	8	7	<7
Points	10	9	8	7	6	5	0

Flexibility exercise (cm);

Men	13	11	9	7	5	3	<3
Women	16	14	12	10	8	6	<6
Points	10	9	8	7	6	5	0

According to a separate schedule during the semester: freestyle swimming without taking into account time (m);

Men.	100	75	50	25	<25
Women	100	75	50	25	<25
Points	10	8	6	4	0

Calendar control is carried out during the semester as a monitoring of the current state of compliance with the requirements of the syllabus. A student receives a positive result from the QC when his current rating score is at least 50% of the maximum possible at the time of the QC.

The final assessment of the student's mastery of the educational component is assessed by the result of his work for the semester with the transfer of his rating points to the university assessment scale (Table 1).

The final student's rating cannot exceed 100 points!

(Semester control - credit. Week 18), it is given the opportunity to perform an integrated test, and his previous rating is revoked

Table 1

Student Score	University Score	Student rating points	University grade
95 – 100			Excellent
85 – 94			Very Good
75 – 84			Good
65 – 74			Satisfactory
60 – 64			Sufficient
< 60			Unsatisfactory

9. Additional information on the discipline (educational component)

During the passage of educational material on the discipline provides for the use of modern technologies in the educational process. During the academic period, students are expected to use the means and methods of self-control over the state of health, their compliance with the requirements for the prevention of injuries and diseases, keeping diaries of self-control over the state of the body.

Practical tasks are given to students depending on the current state of functional readiness of their body and the degree of their mastery of the technique of performing sports and physical exercises.

The method of realization of tasks is regulated by safety rules and realization by students of independent control over a condition of the basic functional systems.

The practical classes solve problems to increase the level of development of physical and mental qualities, use analytical approaches to the choice of methods for developing the strength of individual muscles and their groups, as well as methods and means of active recreation and recovery.

During classes, in accordance with the requirements and forms of organization of table tennis lessons, educational equipment and sports facilities are used.

The program material for groups of initial physical training includes:

- physical training, the main purpose of which is to create a base for improving the level of skill with the help of general physical means of training
- technical training, the main purpose of which is to improve individual technique, expand the range of motor skills;

Working program of the discipline (syllabus):

Compiled by: Acting Head of the Department of Physical Education, Ph.D., Associate Professor, Boyko Hanna Leonidivna

Head of the Department of Sports Improvement, Ph.D., Associate Professor, Novitsky Yuriy Volodymyrovych

Approved by the Department of Physical Education _____ (Minutes № 3 from 26. 11 2020)

Department of Sports Improvement (Minutes № 2 from 27.11.2020)

Approved by the Methodical Council of the University (Minutes № 5 from 14.01.2021)