

NAME OF THE COURSE							
Code	134221	Year of study	1.				
Course teacher	Goran Kuvačić, PhD	Credits (ECTS)	3.				
Associate teachers		Type of instruction (number of hours)	L	S	E	F	
			0	10	35		
Status of the course	Selective course	Percentage of application of e-learning					
COURSE DESCRIPTION							
Course objectives	Acquire basic theoretical knowledge and practical boxing skills, train students to apply the acquired knowledge and skills in practice						
Course enrolment requirements and entry competences required for the course	None						
Learning outcomes expected at the level of the course (4 to 10 learning outcomes)	<ul style="list-style-type: none"> - Explain the basic principles of boxing and boxing competition rules - Describe the technique of basic boxing elements - Demonstrate the proper technique of basic boxing elements - Analyze specific methodological procedures in the boxing 						
Course content broken down in detail by weekly class schedule (syllabus)	Teachin hours (seminars)		Teacher				
	Training of basic stance in boxing. The position of body parts in the basic stance (4 hours)		Goran Kuvačić, PhD				
	Training of basic movements in boxing (back and forth, left-right, half-circle) (3 hours)		Goran Kuvačić, PhD				
	Training basic punches in the box at the place (jab, hook, uppercut) (3 hours)		Goran Kuvačić, PhD				
	Teachin hours (exercises)		Teacher				
	Training basic punches in movement (jab, hook, uppercut) (3 hours)		Goran Kuvačić, PhD				
	Defense techniques (head and body) (3 hours)		Goran Kuvačić, PhD				
	Left and right jab (head, body) (3 hours)		Goran Kuvačić, PhD				
	Left and righthook (head, body) (3 hours)		Goran Kuvačić, PhD				
	Left and right uppercut (head, body) (3 hours)		Goran Kuvačić, PhD				
	Duck left, right (3 hours)		Goran Kuvačić, PhD				
	Catching with left and right arm (3 hours)		Goran Kuvačić, PhD				
	Ounterattack punches: training technique with partner and in movement (3 hours)		Goran Kuvačić, PhD				
	Catching punches: with partner in place and movement (3 hours)		Goran Kuvačić, PhD				
	Practicing techniques and combining with the coach (mitts work) (3 hours)		Goran Kuvačić, PhD				

	Training tactical variants in sparing (2 hours)	Goran Kuvačić, PhD				
	Easy sparing (1 hour)	Goran Kuvačić, PhD				
	Practical exam (2 hours)	Goran Kuvačić, PhD				
Format of instruction	x lectures x seminars and workshops x exercises <input type="checkbox"/> <i>on line</i> in entirety <input type="checkbox"/> partial e-learning <input type="checkbox"/> field work	x independent assignments <input type="checkbox"/> multimedia <input type="checkbox"/> laboratory <input type="checkbox"/> work with mentor <input type="checkbox"/> (other)				
Student responsibilities						
Screening student work (<i>name the proportion of ECTS credits for each activity so that the total number of ECTS credits is equal to the ECTS value of the course</i>)	Class attendance	0.5	Research		Practical training	1.0
	Experimental work		Report		(Other)	
	Essay		Seminar essay	0.5	(Other)	
	Tests	0.8	Oral exam		(Other)	
	Written exam	0.2	Project		(Other)	
Grading and evaluating student work in class and at the final exam	<p>Students demonstrate 30 boxing elements divided into 2 groups. The first group: 4 directions of movement, 6 punches (body and head), 6 defenses (body and head), 2 duckings (left and right), 2 slips (left and right). The second group: 4 combinations, 3 attacks, 3 counterattacks. Each technique is evaluated from 1 to 5. Students who pass all the technical elements are calculated the average grade.</p> <p>The theoretical test consists of 10 questions. The score from the written test is obtained as follows: 5 points - rating 2 6 points - rating 2/3 7 points - rating 3 8 points - rating 4 9 points - rating 4/5 10 points - rating 5</p> <p>Based on the aforementioned, the final grade of the course will be determined by calculating the average grade from both practical (which is 70% of the total score) and theoretical exam that carries out 30% of the final grade.</p>					
Required literature (available in the library and via other media)	Title			Number of copies in the library	Availability via other media	
	1. AIBA tecnica and competition rules (2013)			0	Loomen sučelje	
	2. AIBA coaches manual (2013)			0	Loomen sučelje	
	3. Course materials			0	Loomen sučelje	
Optional literature (at the time of submission of study programme proposal)	<p>4. Oliver, I. (2007). <i>Boxing Fitness</i>. Snowbooks Ltd.</p> <p>5. Lachica, Alan, and Doug Werner. <i>Boxing's Ten Commandments: Essential Training for the Sweet Science</i>. Tracks Publishing, 2007.</p> <p>6. Kuvacic, G., Krstulovic, S., Maleš, J., Kelaska, D., & Jelaska, G. (2016). Activity analysis in amateur boxing during the competition. Effects of physical activity application to anthropological status with children, youth and adults / Bokan, Božo; Radisavljević Janić, Snežana (ur.). Beograd : Fakultet sporta i fizičkog vaspitanja Univerziteta u Beogradu.</p> <p>7. Kuvačić, G., Krstulović, S., Karninčić, H. (2013). Possibility of Subjective Evaluation of Different Load Intensity in Amateur Boxing Training //3rd International Scientific Conference „ Exercise and Quality of Life“ / Madić, Dejan</p>					

	(ur.). Novi Sad: Faculty of Sport and Physical Education University of Novi Sad
Quality assurance methods that ensure the acquisition of exit competences	Student attendance, theoretical and practical exam, student evaluation
Other (as the proposer wishes to add)	