

Software and methodological support for training specialists in the field of "fitness - boxing": Theory and practice

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PhD, Associate Professor **A.I. Rakovetskiy**¹Dr. Hab., Professor **V.V. Ponomarev**²**A.N. Malinin**¹¹Russian State Agrarian University - Moscow Timiryazev Agricultural Academy, Moscow²Krasnoyarsk State Medical University, KrasnoyarskCorresponding author: vaspon59@mail.ru

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Abstract

Objective of the study is to theoretically substantiate, develop software and methodological support for training fitness-boxing specialists, and recommend it for practical use.

Methods and structure of the study. The theoretical and programmatic-methodological support for the organisational and pedagogical conditions for training fitness-boxing specialists was formed and developed at the Russian State Agrarian University - Moscow Timiryazev Agricultural Academy from 2023 to 2025. 45 teachers and more than 300 students participated in the formation of scientific and practical material. The following research methods were selected to collect factual material: analysis of scientific and methodological literature, surveys, interviews, questionnaires; modelling, expert assessments, observation, preliminary pedagogical research, abstraction, systematisation, methods of mathematical statistics, etc.

The compiled and systematised scientific and methodological material contributed to the development of a new direction in the professional training of physical culture and sports specialists – 'fitness-boxing' as a sports-applied and physical culture and health direction for active and systematic training of all social groups of the country's population.

Results and conclusions. Scientific and theoretical research and preliminary practical work have contributed to the development of software and methodological support for training specialists in the field of fitness-boxing, which makes it possible to expand the content and areas of training, retraining and professional development for specialists, coaches, teachers, educators and instructors in the field of 'Physical Culture and Sport.' In addition, rules for fitness-boxing competitions have been developed to improve sports and applied skills, increase the popularity and attractiveness of this modern form of physical activity, which integrates various dance rhythms and movements with elements of boxing exercises. This helps people who do it to be ready to be modern, active, and protected.

Keywords: *software and methodological support, training, specialists, fitness-boxing, industry: 'Physical culture and sport'.*

Introduction. Currently, the state and, above all, the physical culture and sports sector face an important task aimed at encouraging the country's population to engage in active and systematic physical culture and sports activities. Only 30% of the Russian population systematically engages in physical culture and sports (at least 2-3 times a week). At the same time, the government's goal is to increase the number of people who regularly participate in physical culture

and sports in the country to 80% by 2030. To achieve this goal, it is necessary to improve the overall system of motivating the population to participate in physical culture and sports through the introduction of innovative approaches, health and sports technologies, means and forms, etc.

At the same time, physical education and sports activities should not only be motor-oriented, but also applied, namely, preparing the population to over-



come various life, environmental and technological disasters and catastrophes. Expanding the arsenal of modern physical education and sports tools to motivate the population to be physically active is of great importance for industry professionals. Of particular importance are combined physical exercises that include various types of motor activity (sports) that contribute to maintaining motor (physical) activity and at the same time form applied skills that will be necessary in everyday life.

Currently, various fitness technologies are very popular among the population of the country. Such technologies motivate the population to engage in active pursuits, but they are health and motor-oriented and do not have the necessary applied focus. In this regard, it is proposed to integrate fitness technologies with motor exercises from the boxing arsenal, which will allow the formation of a new type of universal motor activity: fitness-boxing. This combination allows those involved to maintain physical activity while learning technical boxing techniques. As a result, participants develop good physical and general motor skills, including practical technical boxing skills that allow them to protect themselves and their loved ones in various difficult and dangerous situations. All this is very relevant at the present time, especially for girls and women. The development of the programmatic and methodological content of training and retraining

of specialists in the field of physical culture and sports in fitness-boxing was the goal of this work.

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Table 1. Programme content for the training and retraining of specialists in the field of fitness-boxing.

No.	Programme content	Hours
1	2	3
I.	Theoretical section of the programme (lectures)	56
	1.1. Modern fitness technologies in physical education practice	4
	1.2. Material and technical resources and equipment for fitness-boxing classes (lecture)	4
	1.3. Methodological and physical characteristics of fitness-boxing classes for people from different social groups (lecture)	10
	1.4. Pedagogical control and correction of the psychophysical condition of those engaged in fitness-boxing (lectures)	6
	1.5. Methods of teaching those engaged in fitness-boxing (lectures)	20
	1.6. Theoretical and methodological foundations for the development and formation of exercise complexes for fitness-boxing (lectures)	6
	1.7. Rules, organisation and conduct of fitness-boxing competitions (theory)	6
II	Practical section of the programme	230
	2.1. General developmental exercises in the motor system of fitness-boxing (practice)	30
	2.2. Special preparatory exercises in fitness-boxing (practice)	50
	2.3. Simulation exercises with musical accompaniment based on technical boxing moves (practice)	80
	2.4. Simulated boxing exercises in pairs with musical accompaniment (practice)	40
	2.5. Group exercises with sequential performance: general warm-up, special synchronised simulated exercises with the performance of all basic techniques from the boxing arsenal (practice)	30
III	Programme assessment section	34
	3.1. Preparation and defence of a thesis (theory)	25
	3.2. Completion of a specific set of exercises from the ‘fitness-boxing’ arsenal (practice)	9



Results of the study and discussion. Upon completion of scientific and pedagogical research, software and methodological support for the training and retraining of fitness-boxing specialists was developed, comprising 320 hours, Table 1.

The sections presented in the programme content for the training and retraining of specialists in the field of physical culture and sports in the practical and applied direction of cultivating fitness-boxing among the population of the country correctly shape the preparedness of coaches, instructors, etc. for this sports and educational activity.

In addition, in order to popularise the sport among the population, increase motivation and consolidate practical skills and abilities, the content and rules of fitness-boxing competitions have been developed. It is planned to hold competitions in both individual and team (group) formats. The following will be assessed: technique of movements with boxing elements, synchronisation, composition of the musical and movement repertoire with boxing imitation techniques: defence, attacking actions, etc. The above organisational and methodological provisions contribute to the effective and efficient training of specialists and, in the future, to the proper education of the country's population.

Conclusions. The scientific and methodological work carried out contributed to the justification and development of the necessary measures to increase the motivation of the country's population to actively

engage in physical culture and sports, to form applied skills of protection and self-defence for all social strata of the population against various forms of aggression, and to maintain proper motor activity. This involves the design of a modern, comprehensive physical culture, sports and applied direction: 'fitness-boxing'. To train specialists in physical culture and sports in the field of 'fitness-boxing', a software and methodological support for this process was developed in the amount of 320 hours.

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