

## CHAPTER I INTRODUCTION

### 1. IMPORTANCE AND CURRENTITY OF THE TOPIC

Boxing is part of the sports of direct combat with the opponent, characterized by great combativeness, dynamism and a great motor variety.

From a functional point of view, athletes are required to have a series of morpho-functional aspects that materialize in motor acts with the aim of attack, defense or deception carried out continuously, acyclically, but at a sustained tempo. The general physiological demand of the body is mixed (aerobic-anaerobic) and submaximal. At some moments, however, the effort reaches maximum values.

The type of request, psychological or motor-physiological preponderance, varies depending on the fighting style adopted, the tactical situations, the level of the confrontation and the combatants. All major systems, cardio-respiratory, neuroendocrine and muscular, as well as all body segments are required. Also, its practice requires all the basic motor qualities, speed (execution and repetition), resistance, strength, skill, the formula of the specific effort being mostly resistance in force-speed regime (R(FV)).

Due to the intense demands to which the circular apparatus is subjected, the heart rate increases up to 180-220 pulsations per minute. During the minute affected for the break, the pulse of a trained boxer drops to around 110-120 pulses per minute, and the effort can be resumed under optimal conditions. The level of demand on the cardiovascular system makes experienced, well-trained boxers develop a pronounced state of bradycardia. The respiratory system is intensively and specifically required: due to the

control over the boxer's physical condition, the trainer cannot properly direct his training.

The doctor, competent in sports and training issues, is the coach's main advisor. He helps the coach to study the boxer's body, to organize his daily routine, nutrition, and just dosage of effort in exercises. The doctor intervenes directly, if the boxer gets sick or suffers a trauma during training.

Studying the peculiarities of the boxer's body is possible only through a long and systematic medical check. A permanent medical control, which is carried out over a long period of time on a boxer, allows to follow the dynamics of his physical development and increase sports performances, as a result of a fair training.

Before the start of the training period, the doctor must examine all the boxers who are preparing for the competitions and communicate to the coach his conclusion on the physical condition of any of them.

During the preparation period of boxers for competitions, the doctor's activity must be organized in such a way that the boxer can call any day to obtain advice and possible assistance. Observing, during the training process, certain disturbances in the boxer's physical condition and general condition, the trainer addresses the doctor and if the boxer's subjective sensations coincide with the objective data of the medical examination, the trainer must draw the appropriate conclusions and make the necessary changes in training.

The medical visit, at the end of the training period, allows the trainer to appreciate the quality of his work and the correctness of the training composition.

condition, it will contribute to the work capacity of the body and to maintaining the level of training achieved. During the training period, the boxer will avoid drinking excessive amounts of water. It is also recommended that the boxer does not load his stomach by eating too much, because this causes disturbances in digestion and reduces the work capacity of the body .

The coach must vary the boxer's training as much as possible and, determining the effort, carefully observe his physical condition

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**Page 22 of 23**