

ISCA Box Certification Description

Intro to Box

The BoxAerobic Exercise certification provides a thorough explanation of both the **practical** and **theoretical bases** for any type of **boxing program**. The course is **nine hours** in duration and combines **practical training, equipment utilization, demonstrations, practical evaluations, a lecture with a slide presentation** and a clearly written **text** to help the **aerobic instructor, personal trainer** and **general fitness professional** understand not only the boxing movements, but also the physiology and bio-mechanics which make the system so unique.

Boxing has been in existence as a sport for thousands of years. Throughout this time, movement techniques have been developed and training strategies have evolved which have been designed to maximize the performance of the athlete in what may be one of the most challenging physical sports on earth.

The BoxAerobic Exercise System combines the training strategies which have evolved during this time with a scientifically designed interval training program to provide what may be the most unique concept in fitness to come along in the past decade.

The system uses a series of "**nested**" **intervals** so that variations in intensity can be blended with changes in duration to **provide the maximum benefit** to each individual. In addition, **music** has been skillfully mixed to guide the instructor and participant through each interval for its proper duration and intensity during group exercise, while providing a "**ring ambiance**" which elicits the excitement of boxing and stimulates participation.

The practical aspects of the course include:

The Mechanics of the Ring. These include the footwork, ring movements, punching techniques, and body positioning which are the essences of the boxer's training regimen.

The Equipment. This course uses and provides standard wraps, gloves, punch mitts and jump ropes to create a workout which carries with it what we like to call the "ring ambiance". The course explains the use of this equipment to provide optimal training benefits to the client.

The Music. The music that is designed for this program not only sets the proper climate for the workout, it has been carefully mixed and synchronized to provide the correct work/active rest duty cycle for the interval work that is the basis of the BoxAerobic System.

The theoretical aspects of the course examine the physiology and bio-mechanics of the system. They include:

Training Theory. This includes a thorough overview of the underlying principles that carry the BoxAerobics System. The certifications provide instruction and testing of your theoretical and practical knowledge. The theoretical portion of the course involves two

hours of lecture covering four basic concepts: interval training, energy system use and force-velocity relationships. The practical portion of the certification incorporates six hours of functional movement instruction. This provides both intro and advanced movements specific to the topic.

Bio-mechanics. Since many different movements and contractile states are integrated into boxing, the course will also examine the muscles utilized during each movement and the type of contraction employed. These data have special implications to the specific training benefits expected with the workout.

In short, the certification will not only provide you and your instructors with the necessary **skills** to **initiate** a **boxing program** in your facility, it will also provide the **specific answers** to the **scientific principles** behind its use and how those **principles relate** to the fitness and well-being of your client.

ISCA Box Certification Outline

Introduction Explanation of the course and the objectives for the day	30 minutes
Science Lecture I Interval training and energy systems	1 hour
Training Practical I – The Basics Techniques (Punches, basic and advanced) Functional movement for punches	2 hours
Training Practical II – Workout Demonstration class	1 hour
Science Lecture II Muscle movements and technique biomechanics.	1 hour
Training Practical III – Equipment Punch mitts and heavy bag (optional) utilization.	1 hour
Program Organization Structuring the Class	1 hour
Practical Session	2 hours

www.ISCAfit.com

Host Site Department • Equipment Sales

P.O. Box 7654 Jackson, MS 39284 USA • 601-372-8313 fax 601-372-8606