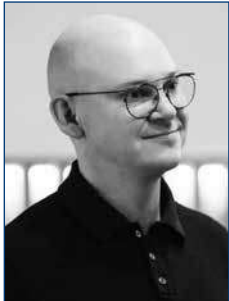




Pedagogical monitoring and correction of the physical condition of female university students in sports-applied fitness-boxing classes

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Abstract

Objective of the study is to substantiate and develop test exercises for the monitoring and correction of the preparedness of female university students in sports-applied fitness-boxing classes.

Methods and structure of the study. The scientific work was conducted on the educational base of the Russian State Agrarian University – Moscow Timiryazev Agricultural Academy. More than 700 first- and second-year female students and 35 specialists, coaches, and teachers of physical culture and sports took part in the experiment. At the preliminary stage, testing of the preparedness of the participants of the experiment was carried out, as well as a survey of coaches and teachers on the subject of which test exercises are the most effective for the monitoring and correction of the preparedness of female students in sports-applied fitness-boxing classes. Thus, all this contributed to the accumulation of factual material and the formation of blocks of test exercises for monitoring the preparedness of female university students in sports-applied fitness-boxing classes.

Results and conclusions. Based on the results of the conducted work, the following blocks of test exercises were developed and formed for monitoring the preparedness of female university students for sports-applied fitness-boxing classes:

- Control exercises for general physical preparedness (GPP): running 1000 m and 60 m; standing long jump; raising the torso from a lying position for one minute; forward bend from a sitting position on the floor; flexion and extension of the arms from a support-lying position on the floor.
- Control exercises for special physical preparedness (SPP): jumping on two legs with a skipping rope for one minute (number of jumps); straight punches in a boxer's stance on the bag for one minute (number of times); from a standing position in a boxer's stance, alternating lunges for one minute (number of lunges).
- Technical preparedness (TP): imitation of simple technical actions from boxing (shadow boxing); various striking technical actions with the boxing bag.

The developed control exercises make it possible to effectively manage the preparation of female university students in sports-applied fitness-boxing classes.

Keywords: *blocks of control exercises, university, female students, preparedness, fitness boxing.*

Introduction. The active involvement of student youth in systematic physical culture and sports activities is an important state task. The President and the Government of the country have given the message about the need to involve up to 80% of young people in active physical culture and sports activities by 2030. At the same time, as practice and various statistical sources show, fewer than 50% of students adhere to the need to systematically engage in physical culture and sports. Of particular concern is the low physical-

culture and sports activity of female university students. Only 30% of girls out of the total number of female university students of the country periodically engage in physical culture and sports. At the same time, in society there is a trend of aggressive behavior against the state, society, people, the personality, etc. Especially defenseless in this direction are children and adolescents, elderly people, women, and girls. In this connection, the scientific theme of the search for and development of new technologies, forms, and



Table 1. Control exercises and standards for female students engaged in fitness boxing

No.	Control exercises	Points (levels)		
		3 (low)	4 (medium)	5 (high)
1.	Running 1000 m, min/s	4.40	4.21	4.10
2.	Running 60 m, min/s	10.5	9.8	9.1
3.	Standing long jump, cm	158	172	183
4.	Forward bend from a sitting position on the floor, legs together, cm	5	10	14
5.	Flexion and extension of the arms from a support-lying position on the floor (number of times)	8	14	21
6.	Jumping on two legs with a skipping rope for one minute (number of times)	60	68	75
7.	Straight punches in a stance on the boxing bag for one minute (number of times)	53	64	71
8.	Alternating lunges in a boxer's stance for one minute (number of lunges)	51	63	69
9.	Raising the torso for one minute (number of times)	28	35	43

means in the physical education of students at a university has emerged, contributing to the solution not only of educational, health-improving, and upbringing tasks, but also of applied ones, which are aimed at forming the readiness of youth (especially female students) to resist various forms of aggression in modern society.

Objective of the study is to substantiate and develop test exercises for the monitoring and correction of the preparedness of female university students in sports-applied fitness-boxing classes.

Methods and structure of the study. The scientific work was conducted on the educational base of the Russian State Agrarian University – Moscow Timiryazev Agricultural Academy. More than 700 first- and second-year female students and 35 specialists, coaches, and teachers of physical culture and sports took part in the experiment. At the preliminary stage, testing of the preparedness of the participants of the experiment was carried out, as well as a survey of coaches and teachers on the subject of which test exercises are the most effective for the monitoring and correction of the preparedness of female students in sports-applied fitness-boxing classes. Thus, all this contributed to the accumulation of factual material for the formation of blocks of test exercises for monitoring the preparedness of female university students in sports-applied fitness-boxing classes.

Results of the study and discussion. Through the analysis of scientific-methodological work on the topic of the work, the attendance of practical fitness-boxing classes among the female students of the state

agrarian university, as well as by the method of expert assessments (coefficient of concordance), test exercises were formed for the monitoring and correction of the preparedness of female university students for sports-applied fitness-boxing classes.

In our work we give the following definition of the new direction in the physical education of female university students: “sports-applied fitness boxing” is a comprehensive pedagogical process based on the integration of modern fitness technologies in combination with technical actions and exercises from other sports, in particular boxing. All this on the whole makes it possible to comprehensively solve educational, health-improving, motor, and applied tasks in the physical education of students and, in particular, female university students.

Blocks of control exercises:

– General physical preparedness (GPP): running 1000 m (min/s) and 60 m (s); standing long jump (cm); raising the torso from a lying position for one minute (number of times); forward bend from a sitting position on the floor (cm); flexion and extension of the arms from a support-lying position on the floor (number of times);

– Special physical preparedness (SPP): jumping on two legs with a skipping rope for one minute (number of times); straight punches in a stance on the boxing bag for one minute (number of times); from a standing position, alternating lunges in a boxer's stance for one minute (number of lunges);

– Technical preparedness (TP): imitation of technical actions (strikes) – “shadow boxing” for two min-



utes, where the technique and synchronicity of performing the striking boxing movements are assessed; boxing for two minutes with the bag, where the precision and force of the strikes and their diversity are assessed.

The table presents the blocks of control exercises and standards that make it possible for coaches-teachers to regulate the preparation of female students in sports-applied fitness-boxing classes.

Conclusion. The conducted scientific-methodological work contributed to the development of blocks of test exercises and standards for the operational and current monitoring of the preparedness of female students engaged in fitness boxing at a university. Also, the developed new sports-applied direction “fitness boxing” can be recommended for the practice of the physical education of university students of the country.

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