

Sample research paper on sports science: boxing

[Sociology](#), [Violence](#)



History and evolution of boxing

The first depictions of boxing are dated back to the 2nd millennium BC, when the first fist-fighters appear in ancient Egyptian mural reliefs (Poliakoff). In the beginning, boxing was fighting with bare fists, but the Ancient Greeks, made fighting an Olympic Game in 688 BC (Poliakoff).

In time, technological achievements have taken boxing a step forward. For example, the scoring process, which used to cause number of problems in the past, is now developed through an automatic scoring system (CSIRO).

Rules, regulations and objectives of boxing

Boxing is a combat sport where two individuals fight with one another by throwing punches against each other, wearing gloves, trying to knock their opponent out. A referee supervises all boxing games are supervised; so rules are followed, and each round lasts from one to three minutes. Boxing promotes fair play, which is why safety standards and medical check-ups are common among boxers to prevent foul playing.

Training required, Nutritional aspects/requirements, risks and common injuries

Boxing requires both stamina and strength to fight back and stand the other fighter's punches, so a boxer needs to be in excellent physical condition and trained well. Also, boxers should be mentally tough, as it is important to be prepared to handle pressure to give their best of one's potentials in the ring (Goldberg).

Boxers need high energy resources because they train hard daily. Weight management is important, and they need get their system refueled every

day and their muscles repaired. They should eat food rich in nutrients, such as vitamins, carbohydrates, iron and proteins, as well as minerals, and as low-fat as possible (Australian Institute of Sports).

A study has shown that boxers usually experience injuries in the face/neck/head and upper extremities, and that concussions and eye-region injuries are also very common (Zazryn, Finch & McCrory). Although most injuries were mostly superficial wounds, there have been serious injuries that have led to even death.

Major events and issues of boxing

The 1970s was a milestone in boxing, because when many bans for women to box were lifted then, and women were allowed to box for the first time in history (Women Boxing Archive Network).

The Boxer Rebellion in 1900, was when a secret Chinese society called the “Boxers” were practising boxing, to relief China from all foreign influence (Rosenberg). For that reason, they massacred Chinese Christians and Christian missionaries (Rosenberg).

How can Business combine with Sport and Exercise?

Boxing only manages to draw the attention of casual fan mostly by a scheduled big boxing event. It is suggested marketing starts from a local level and gradually makes boxing a region’s matter and the entire nation’s later on. Sponsors could be taught into investing in boxing academies for children where famous names of the world of boxing train for free, while there could also be special boxing games organized and supported by the

local community, covered by the local print and social media. Hopefully, this project will take a greater extend in time.

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