



National Qualification through Amateur Boxing





Hi, welcome to the ABA of England and the ASDAN Certificate of Personal Effectiveness (CoPE) qualification. This is equivalent to a full GCSE!

This Boxing educational programme has been put together in partnership with the national awarding body ASDAN to give everybody a chance to gain a qualification in a sport they are taking part in or maybe even competing at.

The qualification recognises and accredits the achievements and skills of people in that great Olympic sport, Amateur Boxing.

For CoPE you need to achieve two things:

- **Firstly** you must gain 12 credits through Boxing activities over 120 hours. This can be done by choosing from different options, which are explained on the sheet in this pack
- **Secondly** you show how you are developing certain key skills through Boxing. These are skills that are highly valued by employers and other educational establishments. They are: working together with others, improving your own learning, problem solving, discussion, research and giving a presentation.

For this qualification there is no exam. You put good and clear evidence of your achievements and skills into a portfolio (a file or folder) and gain credits as you go along. You can use many forms of evidence when putting your portfolio together: written, photographic, taped, oral and even video evidence.

You could use your boxing club links to gain the skills criteria information, and the regional association to widen your information support.

Remember: **Don't think you can, know you can.**

Good luck!

Yours in sport,

Quinton Shillingford
ABA of England Advanced Coach
ABA of England Development Commission

ABA working in partnership with ASDAN



The Amateur Boxing Association
of England Limited

www.abae.org.uk



www.asdan.org.uk





Amateur Boxing Association National Educational Qualification through the ASDAN Certificate of Personal Effectiveness (CoPE) GCSE Equivalent

A maximum of 6 credits from the boxing awards and the boxing tutor course may be used towards your CoPE qualification at Levels 1 and 2. Choose up to 6 credits from the options shown in this grid.

GCSE Criteria	Modules/Credits	✓
ABA Boxing Award - Preliminary + Short Report What was your favourite part of the course, what you learnt from the course, how it can benefit you etc.	1 credit	
ABA Boxing Award - Standard + Short Report What was your favourite part of the course, what you learnt from the course, how it can benefit you etc.	1 credit	
ABA Boxing Award - Bronze + Short Report What was your favourite part of the course, what you learnt from the course, how it can benefit you etc.	1 credit	
ABA Boxing Award - Silver + Short Report What was your favourite part of the course, what you learnt from the course, how it can benefit you etc.	1 credit	
ABA Boxing Award - Gold + Short Report What was your favourite part of the course, what you learnt from the course, how it can benefit you etc.	1 credit	
ABA Boxing Award - Platinum + Short Report What was your favourite part of the course, what you learnt from the course, how it can benefit you etc.	1 credit	
ABA Boxing Tutor Course What was your favourite part of the course, what you learnt from the course, how it can benefit you etc.	1 credit	
	Total 6 credits from boxing awards and the boxing tutor course	

To gain the full CoPE qualification you must gain a total of 12 credits from your boxing activities as well as demonstrating skills through the assessment units.

The following grid cross-references what you are doing with Challenges from Modules in the CoPE Student Book and matches how they could be used to gain the assessment units:

LP = Improving Own Learning and Performance

WO = Working with Others

PS = Problem Solving

R = Research

D = Discussion

OP = Giving an Oral Presentation

Additional activities cross-referenced with CoPE	Modules/Credits	Possible Assessment Units
First Aid Certificate Report the course: your favourite part of the course, what you learnt from the course, how it can benefit you and how it can benefit others. You may give an oral presentation.	Module 7	LP OP
Attend or qualify as an official (ABA Judge) Report on the course: your favourite part of the course, what you learnt from the course, how it can benefit you and how it can benefit others. You may give an oral presentation.	Module 7	LP OP
Diet and nutrition qualification Report on the course: your favourite part of the course, what you learnt from the course, how it can benefit you and how it can benefit others. You may give an oral presentation.	Module 7	LP OP
As a group go through the procedure to organise a boxing show Plan and complete a checklist for staging a boxing show to include all letters to sponsors and companies. You will be required to deliver a presentation (which can be recorded or supported by a letter of approval from a teacher or ASDAN approved Accreditor). For evidence of how you organise a boxing show, you could produce letters requesting hire of the hall, ring lighting etc; an income and expenditure list e.g.cost for trophies, refreshments, boxing club's expenses.	Module 4	WO OP PS
Investigate and report on boxing clubs in your area and boxing clubs in your region You will be able to use statistics e.g. how many female boxers, how many Asian boxers, how many boxing clubs, success of boxing tutors in your area etc	Module 2 & 3	R OP
Achieve a weight training qualification (BAWLA Course) Report on the course: your favourite part of the course, what you learnt from the course, how it can benefit you and how it can benefit others etc.	Module 3 & 7	LP OP

Additional activities cross-referenced with CoPE	Modules/Credits	Possible Assessment Units
Deliver an 8-10 min presentation on the advantages and disadvantages of amateur boxing.	Module 1	R OP
In a group produce a 6-week training plan Use supporting document/assignment for a boxer leading into a boxing event. You may get information from your boxing coach for this assignment. The programme must be fully tested and you may use photographic or written statements as evidence.	Module 7 & 3	WO LP PS
Write and illustrate an assignment Include what muscles, bones and ligaments, tendon and joints are used on any of the following: lead jab, rear hand cross, lead hand hook to the head, lead hand hook to the body, rear hand hook to the head, rear hand hook to the body, lead hand upper cut to the head and rear hand upper cut to the head or on any defence (push away, layback, outside parry, slip, duck).	Modules 3, 7, 9 or 11	OP R
Attend a boxing show and shadow a judge at ringside Discussion with IOC Officials / produce a report. Write a letter to the OIC of a boxing show, explaining what you are doing. You will have to shadow a judge watching how the judge scores the bout and discuss all their duties, find out how to become a judge which can be added to your report.	Modules 3, 7, or 11	OP R D
The moral issues of Amateur Boxing Organise/take part in a discussion (video or written) to discuss the moral issues of Amateur Boxing and contact sport.	Module 12	D
Cook a healthy meal The meal should contain all the vitamins, minerals, fat, fibre, carbohydrate and protein required for a boxer in training for a competition. On completion produce a report on how you prepared the meal, why you used the ingredients you have and what benefits the food that you prepared will bring the boxer.	Modules 3, 7, or 11	LOP R OP PS

Additional activities cross-referenced with CoPE	Modules/Credits	Possible Assessment Units
Deliver a preliminary course to a group of students You will have to be a Boxing Tutor to deliver the Preliminary Award. On completion write an assignment explaining the preparation you did to run the course, how you delivered the course, and what teaching method you used. Provide details on some of the course members e.g. how they improved. Did you enjoy taking the course and what part of the course did you enjoy most?	Module 2 or 3	OP
Gain a certificate of qualification on circuit training Report on how you liked the course, your favourite part of the course, what you learnt from the course, how it can benefit you and how it can benefit others.	Module 3 or 7	LP OP
Design a poster, programme and flyer for a boxing show As an exercise or for a boxing show design a poster advertising the event date, time etc. Also design a flyer for schools and colleges and a programme of who will be boxing, any sponsor pages and a page about the club hosting the tournament.	Module 11	LP
Qualify as an ABA Assistant Coach Report on the course: if you liked the course, your favourite part of the course, what you learnt from the course, how it can benefit you and how it can benefit others etc.	Module 3	LP P
Boxing Gym Design Illustrate a potential layout for a boxing gym to include showers, toilets, changing area, equipment etc. Cost the work to be carried out and expenditure on the equipment.	Module 4 or 11	PS R
Investigate a career and future in amateur and professional coaching: Describe the different levels of coaching and how to get into coaching as an amateur and as a professional.	Module 6 or 8	R
Organise and take part in a debate on an issue regarding amateur boxing e.g. should boxing be banned/should women box?	Module 10	WO D R
Organise or take part in a boxing tournament in another country and write a report. Your boxing club might be going on a foreign trip or you may want to travel to watch England boxing in a International Tournament.	Module 10	WO R
Organise and arrange to work in a boxing environment. Such as a full time boxing gymnasium (work experience)	Module 8	LP

Additional activities cross-referenced with CoPE	Modules/Credits	Possible Assessment Units
Deliver a preliminary course to a group of students You will have to be a Boxing Tutor to deliver the Preliminary Award. On completion write an assignment explaining the preparation you did to run the course, how you delivered the course, and what teaching method you used. Provide details on some of the course members e.g. how they improved. Did you enjoy taking the course and what part of the course did you enjoy most?	Module 2 or 3	OP
Gain a certificate of qualification on circuit training Report on how you liked the course, your favourite part of the course, what you learnt from the course, how it can benefit you and how it can benefit others.	Module 3 or 7	LP OP
Design a poster, programme and flyer for a boxing show As an exercise or for a boxing show design a poster advertising the event date, time etc. Also design a flyer for schools and colleges and a programme of who will be boxing, any sponsor pages and a page about the club hosting the tournament.	Module 11	LP
Qualify as an ABA Assistant Coach Report on the course: if you liked the course, your favourite part of the course, what you learnt from the course, how it can benefit you and how it can benefit others etc.	Module 3	LP P
Boxing Gym Design Illustrate a potential layout for a boxing gym to include showers, toilets, changing area, equipment etc. Cost the work to be carried out and expenditure on the equipment.	Module 4 or 11	PS R
Investigate a career and future in amateur and professional coaching: Describe the different levels of coaching and how to get into coaching as an amateur and as a professional.	Module 6 or 8	R
Organise and take part in a debate on an issue regarding amateur boxing e.g. should boxing be banned/should women box?	Module 10	WO D R
Organise or take part in a boxing tournament in another country and write a report. Your boxing club might be going on a foreign trip or you may want to travel to watch England boxing in a International Tournament.	Module 10	WO R
Organise and arrange to work in a boxing environment. Such as a full time boxing gymnasium (work experience)	Module 8	LP