

**Introduction of a  
Community-Focused Modified  
Boxing Program  
In Uttarakhand, India**



**ModBox**  
A sport for everyone

**An Asian Sport Partnership Program  
(ASP)**



**Australian Government**

---

**Department of Foreign Affairs and Trade**

**Project overview**

A modified, low-risk form of boxing known as ModBox will be piloted in at least 15 schools in Uttarakhand.

**Project Agreement number**

72882

**Project start and end date**

October 2016 – September 2017

**Funding**

The Australian Government's Department of Foreign Affairs and Trade (DFAT) has committed AUD75,000 (plus any interest earned on the grant and any gains made through variation of Australian-Indian currency exchange rates) to the project. This amount will be supplemented by commitments totaling ~AUD95,000 from project partners in Australia and India).

**Tranches/Payment**

The DFAT contribution will be paid in two installments of AUD37,500.

Payment Dates: 28<sup>th</sup> October 2016 and 31<sup>st</sup> March 2017.

**Please note:** Payment of the second installment will depend on ability of the project team to demonstrate satisfactory progress in the implementation of the project.

**Project outcomes**

The project aims to provide health and fitness outcomes and develop life skills for participants through the use of a humanistic approach to coaching that focuses on positive youth development. In addition, there is an intention to raise awareness of environmental issues, especially in the context of Himalayan states of India, and to increase opportunities for female participation in sport.

## **Expectations**

Once the project is successfully completed, Boxing Australia is looking for an industry partner to assist with the implementation of the Modbox program throughout schools across India. All correspondence in relation to the above should be directed to:

Mr Paul Grogan CEO of Boxing Australia.

[paul.grogan@boxing.org.au](mailto:paul.grogan@boxing.org.au)

## **Roles and responsibilities for Boxing Australia**

The Program designer Paul Perkins will be in India to oversee the coach education component of the project. This will include the implementation of the program into the various schools and the mentoring of coaches in the field. In addition, Paul will liaise daily with program coordinators and have regular contact with Australian Staff from the High Commission.

## **Roles and responsibilities for Project Coordinators**

Once appointed, it is expected that the two Project Coordinators will initially:

- Organise approval for the program to be run in at least 15 schools in the area.
- Organise a suitable venue for the training of coaches. (If possible it would be good if the facility had toilets, change rooms, at least 2 punching bags, internet connection, tables, chairs, and facilities for PowerPoint presentations).
- Advertise and promote the ModBox Community Coach Course to local university students, teachers, social workers and sport coaches.
- Identify suitable candidates for coaching roles.
- Provide regular updates through scheduled Skype teleconferences.

## **Roles and responsibilities for Professor Allan Hahn and Dr Clive Stephens**

Professor Hahn and Dr Stephens will coordinate investigation of the feasibility of establishing Indian manufacture of the impact-absorbing gloves.

In addition, they will assist with the environmental component of the project (tree planting ceremonies and potential visits to schools by VTara renewable energy spokespeople.

## **Roles and responsibilities for SEDA and Tanjun**

SEDA and Tanjun will be responsible for:

- Appointing the 2 project coordinators.
- Confirming suitable schools.
- Providing information concerning the school students who will participate in the ModBox program, with particular reference to age range, gender and level of functionality.
- Coordinate production of shirts for ModBox program participants. (It would be good to include the logos of SEDA, Tanjun, VTara, Boxing Australia, University of Canberra and perhaps the Australian Crest).
- Establish links with local Universities for the possible involvement of students in the evaluation phase of the project.
- Organising and delivering the child protection component of the ModBox Community Coach Training Course (This component of the training program can be delivered prior to the Modbox-specific component)>

## **Support while in country**

The Chairman and CEO of VTara Energy Group Pty Ltd Dr Clive Stephens has kindly offered to assist with meeting the costs of Paul's visit, including accommodation and local transportation costs.

## **Invoicing**

Boxing Australia has developed a specific cost centre for receipt and expenditure of project funds. To ensure accurate reporting back to DFAT in regard to the acquittal of grant funds all partners should make sure that invoices are itemised against the service for which the amount of funding is being claimed.

All invoices should be emailed to: [josh.obrien@boxing.org.au](mailto:josh.obrien@boxing.org.au)

## **Travel itinerary**

Although it was originally suggested that Paul travel to India on the 15<sup>th</sup> December, a number of personal and family commitments will preclude travel at this time. Instead, Paul will be in India from 4<sup>th</sup> January to 21<sup>st</sup> February 2017. Please see travel itinerary below for details.

<b>Date</b>	<b>Schedule</b>
4 <sup>th</sup> January 2017	<b>Arrive in Country (New Delhi)</b> Meet with Australian staff at the High Commission, including members of the media team.
5 <sup>th</sup> January 2017	<b>Travel to Uttarakhand</b> Meet with VTara representative and settle into accommodation.
6 <sup>th</sup> – 7 <sup>th</sup> January 2017 (Saturday and Sunday)	<b>Orientation &amp; familiarisation</b> City of Dehradun and surrounding area.
9 <sup>th</sup> January 2017	<b>Meetings and introductions</b> Discussions with Program Coordinators and coaches. Opportunity for school visits.
Tuesday 10 <sup>th</sup> – Friday 13 <sup>th</sup> January 2017 (09:00 – 16:00)	<b>Facilitation of ModBox Community Coach Course</b> Program coordinators to provide update and briefing to group each morning. Paul will be available in the evenings from 18:00–21:00 for additional meetings.
Monday 16 <sup>th</sup> January– Wednesday 15 <sup>th</sup> February 2017	<b>Implementation of program into schools</b> (Mentoring stage of Community Coach Course). Coaches will meet with Paul each morning to discuss issues or concerns with program and will be required to provide copies of proposed lesson plans for the day's training sessions. Paul to assist with initial running

	<p>of sessions.</p> <p>Program Coordinators will also join the group each morning to provide updates and/or to discuss new opportunities (e.g. media releases, meetings, visits, etc)</p>
Saturday 18 <sup>th</sup> February 2017	<p><b>Staging of first public performances</b> (Involvement with as many young people as possible)</p>
Monday 20 <sup>th</sup> February 2017	<p><b>Issuing of coaching accreditation and certificates</b> Formal recognition of the first internationally accredited ModBox coaches.</p>
Tuesday 21 <sup>st</sup> February 2017	<p><b>Departure</b> Paul to depart Uttarakhand</p>

## **Summary of ModBox**

ModBox – short for modified boxing - is an Australian sport for-development initiative that uses a modified, low-risk form of boxing as a vehicle to assist with the personal growth and development of people from various backgrounds and to encourage community engagement. It was developed over a 5-year period and emerged from an extensive research project where members of the project team worked in direct collaboration with program participants to develop the training content, rules and concept of this sport for development initiative.

## **Aim and general overview**

Modbox programs are geared toward regular '*end-of-term*' public performances that are designed to provide opportunities for participants to demonstrate their concept of the sport and current skill level in encouraging and supportive environments. The preparation entails not only the development of physical fitness and boxing-related technical proficiency but also engagement in a range of activities intended to help improve the health and physical literacy of participants and help with the building of critical life skills.

## **Values**

ModBox is underpinned by five core values:

- Safety
- Continuous learning
- Fair play
- Inclusiveness
- Respectfulness

## **Rules**

ModBox is governed by the following simple rules:

- Athletes must have fun
- Impacts to the head or neck are not permitted
- Wearing of specialised impact-absorbing gloves is compulsory
- When performing, athletes must do so with high levels of passion and enthusiasm, while remaining true to the beliefs and values on which ModBox was founded.
- All participants must comply with the essence of performance at all times.

## **The essence of performance**

The essence of performance is the most important rule in ModBox and is summarised below.

- All participants are responsible for upholding and adhering to the rules of ModBox.
- There is a strong belief and expectation that no participant will intentionally break the rules.
- Competitiveness should never sacrifice the mutual respect between participants, or the joy of play.
- Actions such as intentional fouling, dangerous play, disrespectful behaviour and a 'win at all costs' attitude are contrary to the essence of performance.
- Athletes are morally bound to abide by the rules of ModBox.
- The integrity of ModBox depends on the willingness of every individual to uphold the essence of performance, and this responsibility should not be taken lightly.

## **Maintaining the essence of performance**

As Modbox is a self-refereed sport it is important to continuously develop and measure the essence of the performance. For this reason the following performance rating system was developed.

### **Performance rating system**

Directly after an event, participants must rate each other's performance from 1-4 for each of the categories below.

1. To what extent was the essence of performance demonstrated?
2. Was a strike and assess approach used for the attacking actions?
3. Were the most appropriate defensive actions used?
4. Please rate your co-performer's fitness level
5. To what extent did your co-performer enhance your learning and development?

### **Individual responsibility**

Individuals are responsible for completing the performance rating cards immediately after their performance and for ensuring the completed cards are passed onto the Director of Performance. The Director of Performance will then review the cards before determining the highest rating.



## A new approach to boxing

There are a number of significant differences between conventional boxing and Modbox. These differences are summarised in the table below.

<b>Conventional boxing</b>	<b>ModBox</b>
The head is used as a target area.	Contact to the head is not permitted.
Combinations of multiple punches are used in competition to dominate opponents and win contests, and forceful punching is typically advantageous	Participants employ a 'strike and assess' approach involving light striking actions in public performances designed to display current competency.
Standard boxing gloves are used.	Specially constructed low-impact gloves that have been shown to significantly reduce peak forces are used for all public performances.
Participants engage with sport for the purpose of winning at the highest possible level. [1][2][SEP]	Participants gain enjoyment from skill development and the challenge of surpassing their own previous performances.
Appeals mostly to people who have elected to follow a high-performance sport trajectory.	Appeals mostly to people who choose to participate in sport for reasons associated with personal wellbeing, including social and health benefits.
Win/loss records are considered important.	Long-term adherence and continuous learning are celebrated and valued.
Has raised certain medical concerns resulting in calls for the sport to be banned.	Is a practical exemplar of recommendations made by the American Medical Association.

## **An overview of the ModBox Community Coach Course**

The Boxing Australia ModBox Community Coach Course has been accredited under the Australian Sports Commission's National Coaching Accreditation Scheme (NCAS) as a means for training coaches to oversee a community-based participation program. The course has been developed as part of Boxing Australia's sport development plan, which entails implementation of ModBox through schools and community-based institutions.

**Please note:** People who successfully complete the Modbox Coaching Course will not be registered as 'Coaches' of conventional boxing and therefore will not be automatically qualified to take on the duties of a Level 1 accredited boxing coach.

## **Pre-requisites**

There are no pre-requisites for attending the Boxing Australia ModBox Community Coach Course, but it is expected that attendees will have an interest in the holistic personal development of young people and in community building through sport.

## **Duration**

To be deemed competent and gain the accreditation, participants are expected to attend 100 per cent of the course including the extended practical component.

## **Learning materials**

To aid the learning process a variety of resources will be used throughout the course, including, participant handouts, videos, PowerPoint presentations, practical demonstrations and a number of small group activities. Please note that during the extended practical phase of the course, participants will be assessed on planning, presentation and delivery.

## **Code of conduct**

ModBox community coaches will be required to meet Boxing Australia's Code of Conduct, as well as the Codes of Conduct of the Indian organisations through which they will be employed. They will also be required to comply with all legislative requirements pertaining to Child Protection and working with vulnerable people.

### **Access and equity**

Boxing Australia is committed to ensuring that transparency, equality and fairness is provided to all participants who attend the Modbox Community Coach Course regardless of their age, gender, cultural background, religious belief or level of functionality.

Therefore, support will be given before and/or during the course to any participant who self-identifies as needing assistance or having a particular requirement. This may include modification of the course by:

- Increasing time limits for assessments
- Adjusting the assessment criteria
- Modifying the practical components
- Catering for religious and cultural protocols

### **Group behaviour**

Participants are expected to adhere to best-practice workplace behaviour throughout the course. It is therefore expected that attendees will:

- Be respectful towards the course presenter
- Respect the rights of other participants
- Report any safety concerns to presenter
- Refrain from any behaviour that may be considered offensive.
- Be punctual when returning from breaks
- Not consume alcohol during the course
- Not wilfully damage equipment

### **Disciplinary action**

Although it is highly unlikely that any breach will occur, if an individual's behaviour negatively impacts on the course, the presenter may implement one or (in sequence) both of the following strategies:

1. Give a verbal warning to the participant.
2. Ask the participant to leave the course.

## **Assessment methods**

Participants will be assessed against the course content to establish learning outcomes and to determine competency. Assessment methods will include observational appraisal by the presenter throughout the course and successful completion of the practical assessment activities described below.

## **Assessment tasks**

**Task One:** Each participant must attend all sessions unless formally granted Recognition of Prior Learning (RPL) before the commencement of the course.

**Task Two:** Each participant must

**Task Two:** Each participant must be observed by a presenter/ assessor delivering a minimum of **4** training sessions of no less than 15 minutes.

## **Marking guide**

The following marking guide will be used to assess the participant's understanding of the course content.

The participant must clearly demonstrate that:

- He/she clearly understands the concepts, and
- He/she can successfully apply the information in a practical setting

A pass mark of competent **(C)** or not yet competent **(NYC)** will be used to identify proficiency in regards to practical skills and acquired knowledge.

## **Reassessment procedure**

An impartial and objective procedure for reassessing participants will be implemented if and when it is needed. The steps that will be used in the reassessment process are outlined below.

1. The participant will be informed of the result.
2. The course presenter will provide the participant with sufficient information in regard to the area(s) of concern.
3. Time will be set aside at the end of the course for any reassessments.
4. Further verbal and/or demonstrations may be required from the participant to confirm a pass mark of competent.

### **Flexibility of assessments**

Boxing Australia is committed to the provision of flexibility in the assessment method. This commitment reflects the need to accommodate the needs of individual's representative of special population groups that may wish to attain this accreditation, such as individuals with disabilities.

Examples of the flexibility that is permissible include:

- Using orally communicated information instead of written worksheets where appropriate.
- Using video of the practical coaching components for assessment purposes where necessary.
- Considering any request from participants for flexibility, within the framework of ensuring fairness to others, and maintaining integrity of the assessment process.

### **Recognition of Prior Learning**

Participants undertaking this training course may be able to apply for RPL. This will be granted only if all the required competencies and related learning outcomes associated with the training program have been met.

### **Certification and Record Keeping**

Participants must maintain an assessment checklist and personal learning journal throughout the course. Once these have been completed it will be signed and photocopied by the course presenter and then returned to the participant, who will then be responsible for forwarding it the accrediting agencies.

### **Competency-Based Training**

Competency-based training is based on performance standards that have been set by industry, in this case the Australian Sports Commission and Boxing Australia.

This approach to learning places emphasis on what a learner can do in their workplace as a result of their training. Learners who have successfully achieved competency are deemed to have the skills and knowledge required to complete workplace activities in a range of different situations and environments.

## **ModBox coach competencies**

Upon successful completion of the Boxing Australia ModBox Community Coach Training Course, coaches will be able to:

### **Plan and Prepare:**

- Plan and prepare a fitness-based training session.
- Plan and prepare a skill-based training session.
- Organise resources appropriate to the needs and demands of a training environment.

### **Conduct:**

- Organise and conduct safe ModBox training sessions.
- Assist in the facilitation of skill development.
- Communicate effectively with athletes and others involved in the program.
- Develop and implement effective warm up, cool downs and physical conditioning activities.
- Assess and manage the risks associated with a training environment.

### **Monitor/Review:**

- Observe, assess and foster participant performance.
- Establish and maintain positive coach/athlete relationships.
- Provide appropriate feedback.
- Adjust activities to suit the needs of individuals.
- Ensure safety of self and others and manage emergency situations.

### **Evaluate:**

- Evaluate training sessions.
- Reflect on the effectiveness of their coaching behaviours.

### **Adapt:**

- Identify and implement the appropriate modifications to their coaching behaviour and training programs.

## Assessment matrix for the course

The table below identifies the competencies that each participant must achieve to successfully meet the accreditation requirements of the ModBox Community Coach Course.

<b>Competency</b>	<b>Participation Attendance</b>	<b>Practical Assessment</b>
Plan a ModBox training session.	✓	✓
Organise training resources.	✓	✓
Conduct a safe fitness-based training session.	✓	✓
Assist in the facilitation of skill development.	✓	✓
Communicate effectively with athletes and others involved in the program.	✓	✓
Develop and implement effective warm up, cool down and physical conditioning activities.	✓	✓
Assess and manage the risks associated with a training environment.	✓	✓
Observe and assess participant performance.	✓	✓
Adjust activities to suit the needs of individuals.	✓	✓
Ensure safety of self and others and manage emergency situations.	✓	✓
Evaluate the training session.	✓	✓
Reflect on the effectiveness of their coaching behaviours.	✓	✓
Identify and implement the appropriate modifications to their coaching behaviour.	✓	✓

## A breakdown of ModBox Community Coach Course

An overview of the Boxing Australia Modbox Community Coach Training Course is provided below.

Modules	Components	Delivery method
<p><b><u>Unit 1</u></b></p> <p><b>An introduction to Modbox</b></p>	<p>Background information</p> <p>From research to practice</p> <p>Aims and general overview</p> <p>Values and rules</p> <p>A new approach to boxing</p> <p>Training/learning environments</p> <p>Tactical appreciations and technical aspects</p>	<p>Theory</p>
<p><b><u>Unit 2</u></b></p> <p><b>Coaching</b></p> <p><b>Please note:</b> it is expected that the working with vulnerable people and child protection training will be delivered at the completion of Unit 2</p>	<p>Participation and performance coaching</p> <p>Insights into effective coaching</p> <p>Characteristics of good coaching</p> <p>Coaching styles</p> <p>The prime objective for a ModBox coach</p> <p>Strategies for promoting inclusiveness</p> <p>Working with athletes with various levels of functionality</p> <p>Positive youth development</p> <p>A philosophy for coaching</p> <p>Dealing with difficult situations</p> <p>Safety issues and concerns</p> <p>Treating injuries</p>	<p>Theory and Practical</p>



<p><b><u>Unit 3</u></b></p> <p><b>Teaching skill</b></p>	<p>An understanding of skill development</p> <p>Stages of learning</p> <p>Factors that may assist the learning process</p> <p>Task complexity</p> <p>Suggestions for the effective coaching of skill</p> <p>A traditional approach for the coaching of skill</p> <p>The Games Sense approach for skill development</p> <p>An introduction to Boxing-related skills and technique</p> <p>Instructing and correcting</p> <p>Playing games</p>	<p>Theory and practical</p>
<p><b>Unit 4</b></p> <p><b>Developing physical qualities</b></p>	<p>Principles of physical training</p> <p>Training equipment</p> <p>Developing physical qualities</p> <p>Strength and conditioning training drills</p> <p>Instructing and coaching fitness-based exercises</p> <p>Considering the needs of the individual</p> <p>Insights for an effective strength and condition training session</p> <p>The use of boxing-specific training aids</p>	<p>Theory and Practical</p>

<p><b><u>Unit 5</u></b></p> <p><b>Conducting a ModBox training session</b></p>	<p>Planning for the delivery of a training session</p> <p>An overview of the factors that may affect a training session</p> <p>Safety issues</p> <p>Managing risk</p> <p>Components of a session</p> <p>Session plans</p> <p>Establishing outcomes</p> <p>Examples of training sessions</p> <p>Staging longer periods of training</p>	<p>Theory and Practical</p>
<p><b><u>Unit 6</u></b></p> <p><b>Public performances</b></p>	<p>The purpose of public performances</p> <p>Preferred attacking actions</p> <p>Preferred defensive actions</p> <p>Rules and regulations</p> <p>The essence of performing</p> <p>Establishing positive outcomes</p> <p>Community engagement</p> <p>Dealing with the media</p>	<p>Theory and Practical</p>
<p><b><u>Unit 7</u></b></p> <p><b>Practical assessments over an extended period</b></p>	<p>Participants will be required to demonstrate knowledge in regards to the safe implementation of training drills, fitness exercises and game-based activities and methods for minimising the potential for injury.</p> <p>Participant will also be required to identify faults and be able to provide corrections.</p>	<p>Practical demonstration of skills</p>

