



Action Project Reference: 69-01

Organisation: Fiji Amateur Boxing Association

Action Project Proposal:

“Develop a Sports Science Programme for Fiji Amateur Boxing”

Who Are the Fiji Amateur Boxing Association?

Fiji Amateur Boxing Association (FABA) has been around since the 1950s in various stages of evolutionary development and effectiveness.

Fiji Amateur Boxing Association (FABA) aka Boxing Fiji is the national federation for amateur boxing in Fiji. Boxing Fiji administers Fiji’s Olympic representative boxers and develops the sport throughout Fiji including Rotuma.

Fiji Boxing is recognised as the National Sporting Organisation for Boxing by the Fiji National Sports Commission (FNSC), the Fiji Association of Sports and National Olympic Committee (FASANOC), the Oceania Boxing Confederation (OSBC) and the International Boxing Association (AIBA), the world's governing International Federation.

Mission:

Our Mission is: *Build on. Dedicated to our values.*

Our Values are: *Forging champions. Universally respected.*

Long Term Aims & Vision:

Our vision is to create a healthy, vibrant and sustainable amateur boxing ecosystem that is accessible and serves the needs of everyone. We do this through strategic planning, creating robust systems and providing adequate developmental and growth opportunities for key stakeholders.

In the long term we want to make amateur boxing accessible for everyone, produce world class athletes and gender mainstream the sport to acceptable levels.

Current Challenges:

Some barriers or challenges we face include:

- Boxing Fiji has only recently experienced a resurgence and therefore a lot needs to be done to reestablish ourselves.
- There are not proper structures in place to enable our operations.
- Our income is essentially a government grant so we also need to diversify.

Further Information:

We would like assistance in creating a Sports Science Programme. We would like this to include: Training, Nutrition, Weight Management etc. We are particularly interested in study or research related to the Fiji context.

Key Research & Discussion Areas:

Plan and deliver ...

- What is the purpose of the programme?
- What are the key areas that need to be covered in the programme?

Tip: Have a tangible aim which is SMART (specific, measurable, achievable, realistic, and timely)

- What resources are available for you as you create this programme?
- Other than the sections mentioned above, are there any other sections that you think should be covered?

- Are there any other organisations that they could partner with to help develop/deliver this course, or perhaps take inspiration from?
- Are there any other programmes from similar organisations either in Fiji or elsewhere that you could draw upon?
 - What are good about these?
 - How could they be improved?
 - What sections do they include?
- Who is your target audience for this programme?
 - What knowledge do they already have?
 - What knowledge do they need in order to meet the aims of the programme?
 - How will you ensure that the programme is engaging and informative?
- How will you ensure that the programme is sustainable in the long-term?

Create content ...

- What format should this programme take? (ie. videos, text etc.)
 - What is the best way to cover each section?
- How can you ensure that the programme will be accessible for a wide range of people (with varying locations and internet access)? - this links to the question about how the course will be delivered?
- How will you structure the program? How can you break it up into nice bite sized sections?

Barriers to success ...

- What barriers are there to the planning and delivery of your course? How could these be overcome?
 - Can you find any examples of how other organisations have overcome similar issues?
- How could you overcome the following types of barriers to the success of your course?:
 - Information and Knowledge (e.g. what information or understanding do you need in order to create this programme?)
 - Practical (e.g. what resources such as videos and pictures do you need to create this programme? How could you create or find these?)

Evaluate ...

- Come back to your original aim - has your programme achieved the original purpose?
 - Are there any changes you should make?
- What method of evaluation will you use/recommend to evaluate the success of the programme?
- What parts of the programme will you focus on in your presentation at the end of your internship?

Useful Links:

- Organisation page:
<https://thinkpacific.com/action-project-fiji-amateur-boxing-association/>
- Facebook: <https://www.facebook.com/Fijiamateurboxing/>
- Article about the resurgence of the organisation:
<https://www.fbcnews.com.fj/sports/amateur-boxing-to-be-revived-in-fiji/>

Further Questions

Are there any questions you would like to ask FABA to assist in completing this project?

-
-
-
-
-