

## Bachelor's Diploma Thesis Assessment Report

Students name	Emmanouil Marios Ornithopoulos
Topic	Cross training and athletic skills development in amateur and professional boxers
Goal of thesis	Describe the difficulty of boxing on athletic skills and prepare three cross-training programs using athletic drills for boxers, improving their boxing skills.
Thesis supervisor	PhDr. Radim Pavelka, Ph.D.

Demands of work	Level		
	Excellent	Average	Substandard
Theoretical knowledge:		X	
Practical experience:		X	
Supporting documents, input data and processing:		X	

Evaluation criteria	Mark			
	1	2	3	4
Title	X			
Topic work and its timeliness		X		
Theoretical knowledge of author		X		
Practical competencies of author		X		
Formulation of work objectives		X		
Overall solution procedure			X	
Work with data and information			X	
Depth analysis	X			
Layout and logical structure of work			X	
Work with literature	X			
Graphical interpretation (text, graphs, tables)			X	
Stylistic level		X		
Formulation and accuracy of work with vocational language		X		
The objectives of work		X		
Adequacy of used methods		X		
Conclusions of the work and its formulations		X		
Technical contribution of the work and its practical use		X		

### Comments and questions for the defense:

- 1) Box includes also rotation of trunk during every punch to level up the energy from hips, through shoulder to the fist. How you will stimulate this phenomena by cross-training? Does exist any exercise for it?
- 2) How is the recommended weight during exercise "dumbbell punches" and why? Is there any limitation of this exercise?

### Thesis is recommended for the defense

#### The proposed classification level:

Very good

The box list of the verbal rating scale: excellent, very good, good, failed

#### Thesis supervisor:

PhDr. Radim Pavelka, Ph.D.

Signature:

In Prague, date: 4.1.2017

