

Developing physical and technical evaluation standards for Vovinam male athletes ages 16-17 HCMC

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Summary: Using basic research methods: synthesis and analysis of documents, interviews, pedagogical tests, statistical mathematics; researching and selecting indicators and developing physical and technical assessment scorecards for male Vovinam athletes aged 16-17 in HCMC; contributing to improving coaching efficiency and competition performance.

Keywords: fitness, technique, transcript construction, Vovinam, Dong Nai ...

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I. QUESTION:

In Ho Chi Minh City, Vovinam has developed for a long time and is one of the units contributing many athletes to the national team, with typical athletes such as: Huynh Khac Nguyen (SEA Games Gold Medal 2013), Mai Kim Thuy (SEA Games Gold Medal 2023), Nguyen Binh Dinh (Asian Indoor Games Gold Medal 2009). To the achievements of Vovinam in particular and sports in general, more and more advanced, it is necessary to have strategies, plan and train a talented young athlete class worthy of replacing the previous classes. In addition to the things to do such as: ensuring facilities, technical and tactical training, building criteria, selection standards ... It is indispensable to assess the level of athletes scientifically, to serve as a basis for the training process as well as improve the management and training of athletes. That is the reason for choosing the study: "Developing physical and technical assessment standards for male Vovinam athletes aged 16-17 in Ho Chi Minh City".

Research methods: During the research used methods of analysis and synthesis of documents, interview methods, pedagogical examination methods, statistical mathematical methods.

II. RESEARCH RESULTS:

2.1 Selection of physical and technical assessment tests for Vovinam male athletes aged 16-17 HCMC.

Through the steps of synthesizing documents to systematize tests, interviewing experts and testing the reliability of selected tests, the study selected 13 physical and technical assessment tests, these tests are scientific, objective to ensure the reliability to assess the fitness and technical level for male athletes Vovinam aged 16-17 HCMC is presented in Group 1.

Table 1. Fitness and technical assessment tests for Vovinam male athletes aged 16-17 HCMC.

ELEMENT	TEST
FITNESS	Run 30m (s)
	Running 1500m(s)
	Tummy push-ups 10s (times)
	Turn on in place (cm)
	Abdominal flexion (every 1 minute)
	Horizontal swirl (cm)
	Longitudinal vortex (cm)
TECHNIQUE	Run the T(s)
	Cross - Punch 10 seconds (times)
	Jab - Punch 10 seconds (times)
	Straight kick 10s (times)
	10s round kick (times)
Combo : Cross + Round Kick - 30s round kick (times)	

2.2 Develop scorecards to assess physical and technical proficiency for Vovinam male athletes aged 16-17 in HCMC.

The study proceeded to develop a scorecard to assess the physical and technical level of Vovinam male athletes aged 16-17 in Ho Chi Minh City on a scale of C. After preparing the test, the determination of the achieved score is carried out by: comparing the results of the target to be looked up in the table just drawn to determine the achievement score of that target presented at Tables 2 and 3.

Table 2. The scale of tests assesses the initial fitness level of Vovinam male athletes aged 16-17 in HCMC.

TT	Content		Scoring scale										
			0	1	2	3	4	5	6	7	8	9	10
1	Fitness	Run 30m XPC(s)	4.63	4.57	4.50	4.44	4.37	4.31	4.25	4.18	4.12	4.05	3.99
2		Running 1500m(s)	400.96	391.12	381.28	371.43	361.59	351.75	341.91	332.07	322.22	312.38	302.54
3		Tummy push-ups 10s (times)	12.65	13.19	13.72	14.26	14.80	15.33	15.87	16.41	16.94	17.48	18.02
4		Turn on in place (cm)	203.97	208.34	212.71	217.09	221.46	225.83	230.21	234.58	238.95	243.33	247.70
5		Abdominal flexion (every 1 minute)	29.39	30.91	32.43	33.95	35.48	37.00	38.52	40.05	41.57	43.09	44.61
6		Horizontal swirl (cm)	2.20	2.12	2.03	1.95	1.86	1.78	1.69	1.60	1.52	1.43	1.35
7		Longitudinal vortex (cm)	2.08	2.00	1.92	1.84	1.76	1.68	1.60	1.52	1.45	1.37	1.29
8		Run the T(s)	12.56	12.39	12.22	12.05	11.89	11.72	11.55	11.38	11.21	11.05	10.88

Table 3. The scale of the tests assesses the initial technical level of Vovinam male athletes aged 16-17 HCMC.

TT	Content		Scoring scale										
			0	1	2	3	4	5	6	7	8	9	10
1	Technique	Cross - Punch 10 seconds	18.30	19.10	19.91	20.72	21.53	22.33	23.14	23.95	24.75	25.56	26.37
2		Jab - Punch 10 seconds (times)	18.44	19.22	20.00	20.78	21.55	22.33	23.11	23.89	24.67	25.45	26.23
3		Straight kick 10s (times)	16.59	17.20	17.82	18.44	19.05	19.67	20.28	20.90	21.51	22.13	22.74
4		10s round kick (times)	16.20	16.70	17.19	17.68	18.17	18.67	19.16	19.65	20.14	20.64	21.13
5		Combo : Cross + Round Kich - 30s round kick (times)	15.92	16.67	17.42	18.17	18.92	19.67	20.42	21.16	21.91	22.66	23.41

2.3 Develop integrated fitness and technical evaluation standards of Vovinam male athletes aged 16-17 in HCMC.

From the results obtained in Tables 2 and 3, the study proceeded to develop a standard for evaluating the general fitness and technique of Vovinam male athletes aged 16-17 in Ho Chi Minh City on a scale of 130 points, with 5 levels: Good, Good, Average, Weak and Poor, the results presented in Table 4.

Table 4. The classification summarizes the physical and technical level of Vovinam male athletes aged 16-17 in HCMC.

CLASSIFICATION LEVEL	COMPOSITE SCORE		
	Fitness	Technique	Total score
Good	72 - 80	45 - 50	117 - 130
Fairly	56 - < 72	35 - < 45	91 - < 117
Average	40 - < 56	25 - < 35	65 - < 91
Weak	24 - < 40	15 - < 25	39 - < 65
Less	0 - < 24	0 - < 15	0 - < 39

This standard, allowing for integrated physical and technical assessment for Vovinam male athletes aged 16-17 in HCMC, is also an important basis for coaches in the selection of athletes and evaluation of the training process more closely. From there, there are adjustments in the content, form and amount of training movements accordingly.

III. CONCLUSIONS

Through the study, 13 selected tests were identified, including 08 fitness assessment tests and 05 professional technical assessment tests used for Vovinam male athletes aged 16-17 in Ho Chi Minh City. Through the research process, a composite transcript assessing the physical and technical level of Vovinam male athletes aged 16-17 in Ho Chi Minh City has been developed..

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