

SITUATION OF EFFECTIVENESS OF HAND TECHNIQUE PRACTICAL TRAINING FOR BADMINTON STUDENTS OF PHYSICAL EDUCATION DEPARTMENT AT BAC NINH SPORTS UNIVERSITY

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Abstract:

Through conventional research methods, the study has evaluated the status of effectiveness of hand technique practical training for Badminton students of Physical Education Department at Bac Ninh Sports University.

Keywords: Current situation, hand techniques, specialized students, Bac Ninh Sports University

INTRODUCTION

Along with training in theoretical knowledge, the improvement of physical fitness and techniques and tactics is especially important. In particular, the group of hand techniques for Badminton students of Physical Education Department at Bac Ninh Sports University has always been focused on. In order to train techniques in general and hand techniques in particular for students with the highest efficiency, what extent do instructors have to understand the students' technical level? (ie what is the technical level status of Badminton students?). Thereby, the instructors develop the exercises, methods or measures for most effective training to contribute to improving the training quality of the University.

RESEARCH METHODS

The research process uses the following research methods: Synthesis and analysis of documents, interview, pedagogical examination and statistical mathematics.

RESULTS AND DISCUSSION

1. Selecting tests to evaluate effectiveness of hand technique practical training for Badminton students of Physical Education Department at Bac Ninh Sports University

Based on the results of the Department grassroots-level research accepted by the Scientific Council of Bac Ninh Sports University in 2018 and the Badminton curriculum for Badminton specialized of students in Physical Education Department as well as the results of the assessment and classification of hand technique training level for Badminton students of Physical Education Department in the recent courses ensuring accuracy, fairness and objectivity, we will use 17 tests currently applied in the examination and assessment of hand techniques for Badminton students of Physical Education Department. As follows:

2. Current situation of effectiveness of hand technique practical training for Badminton students of Physical Education Department at Bac Ninh Sports University

In order to solve this problem, we have conducted test and survey the current situation of the effectiveness of hand technique practical training for Badminton students of Physical Education Department at Bac Ninh University of Sports for Badminton specialized class of Physical Education Department, University course 49, after finishing 4 semesters of hand technique training through the above results of 17 test. At the same time, by assessing the

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Table 1. Encoding names of examination tests

No	Name of test	Unit of measurement	Encode
1	Move and low hand hit across the court for 10 times	Time	TePT1
2	Sideway move and right and left defend for 10 times to the area 5.18m x 1.0m at the back of the court	Time	TePT2
3	Backhand serve for 10 times to the area 0.5m x 2.6m	Time	TePCT
4	Flick serve for 10 times to the area 0.76m x 2.60m	Time	TePCP1
5	Combination between flick serve and defend for 10 times to the area 0.76m x 5.18m	Time	TePCP2
6	Clear for 10 times to the area 0.76m x 5.18m	Time	TeCX1
7	Combination between serve and move backwards to clear for 10 times to the area 2.6m x 0.76m	Time	TeCX2
8	Combination between straight and cross clears for 10 times to the area 2.6m x 0.76m	Time	TeCX3
9	Smash along the sidelines for 10 times to the area 6.7m x 1.3m	Time	TeDC1
10	Combination between short serve and smash in cross lines for 10 times to the area of half of single court	Time	TeDC2
11	Drop shot for 10 times into a quarter of the area 1.98m	Time	TeTC1
12	Combination between flick serve and move backwards to drop shot to the area 0.8m x 2.0m	Time	TeTC2
13	Combination between clear and drop shot into a quarter of the area 1.98m	Time	TeTC3
14	Slice drop shot for 10 times to a quarter of the area 1.98m	Time	TeBN1
15	Combination between flick serve and cross slice drop shot into the area 1.98m	Time	TeBN2
16	Backhand clear for 10 times to the area 2.6m x 1.0m	Time	TeCT1
17	Combination between sideway move and forehand and backhand clear to the area 2.6m x 0.76m	Time	TeCT2

Table 2. Results of hand technique tests for Badminton students of Physical Education Department at Bac Ninh Sports University (n = 19)

No.	Test	Results	
		\bar{x}	$\pm\delta$
1	TePT1	7.23	1.52
2	TePT2	6.83	0.75
3	TePCT	7.89	0.87
4	TePCP1	7.23	1.55
5	TePCP2	7.57	0.68
6	TeCX1	7.89	1.66
7	TeCX2	6.45	1.09
8	TeCX3	6.29	1.63
9	TeDC1	7.89	0.68
10	TeDC2	7.16	0.83
11	TeTC1	6.23	0.74
12	TeTC2	6.45	0.53
13	TeTC3	5.98	1.37
14	TeBN1	7.03	0.77
15	TeBN2	6.56	0.78
16	TeCT1	5.75	1.01
17	TeCT2	6.47	0.89

Table 3. Learning outcomes by Badminton specialized class of Physical Education Department, University course 49 at the end of fourth semester

No	Classification	Learning outcomes	
		Number	Rate %
1	Excellent	0	0
2	Very good	1	5.30
3	Good	6	31.60
4	Average	9	47.40
5	Poor	0	0
6	Very poor	1	5.30
7	Leave with reason	2	10.50
8	Unqualified	0	0
Total		19	100

learning outcomes of specialized subjects at the end of the fourth semester. The results shown in Tables 2 and 3:

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Most results of hand technique examination

through 17 tests for students are in the average and average good range according to the table of evaluation standards of the Department. At the same time, the analysis of academic results also shows that the percentage of students achieving an average score is also approximately 50%, even with 5.3% of students achieving very poor score, no students achieving excellent result and only 1 student, accounting for 5.3%, achieving very good score.

From the above analysis and evaluation, we can see that the current effectiveness of hand technique practical training for Badminton students in Physical Education Department is still low, not really meeting the training goals of the subject curriculum.

CONCLUSION

The effectiveness of hand technique practical training for Badminton students in Physical Education Department is still low. Therefore, choosing to propose appropriate professional exercises or suitable methods and measures to the students is a practical and necessary work to contribute to improving quality of specialized subject training of the Department in particular as well as the training quality of the University in general.

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