PHYSICAL ACTIVITY OF MALE STUDENTS MAJORING IN FOOTBALL DEPARTMENT OF PHYSICAL EDUCATION BAC NINH SPORTS UNIVERSITY AND PHYSICAL EDUCATION

Nguyen Tuan Anh(1)

Abstract:
On the basis of 12 selected tests, the subject assessed the fitness progress of male soccer players majoring in physical education at Bac Ninh Sports University and Physical Education. The results show that the performance of all fitness tests show a statistically significant difference at the beginning and the end of each semester, and the fitness trend shows the increase over the semesters.

Keywords: Evolution, fitness, students, major, football.

INTRODUCTION

In recent years, the fitness level of male students majoring in football has been limited, especially male students majoring in football physical education. The study of physical development in teaching science will contribute to physical development for male students majoring in physical education in Bac Ninh Sports Universit and Physical Education. Thereby contributing to perfecting many aspects such as: Technology, tactics, wills, psychology, contributing to improving the quality and effectiveness of training of university.

RESEARCH METHODS

The research process uses the following methods: method of analyzing and synthesizing documents; method of interview, seminar; pedagogical testing methods; Experimental method of pedagogy; Statistical mathematical methods.

RESULTS AND DISCUSSION

Through scientific methods, the project has selected 12 fitness assessments for male students majoring in physical education at Bac Ninh Sports University and Physical Education. The selected tests all ensure the necessary notification and reliability.

Based on the selected tests, the subject continues to assess the fitness of male soccer students, as well as compare the differences in achievement between the beginning and the end of the semester through tests. The results are shown in Table 1 to Table 4.

The results obtained in Table 1 show that the performance of 6/6 test have a difference between the beginning and the end of the semester. In particular, the test runs at 40x75m speed at threshold $p < 0.05$; test kicking the ball with the soles of the feet into the goal 2x2m 10 results at the threshold $p < 0.01$; the remaining 4 tests are at $p < 0.001$.

The results obtained in Table 2 show that: Improving the performance of 6/6 test to evaluate the difference between the beginning and the end of the semester in which: football far test and run test 5x30m at $p < 0.05$; test dribbling speed of 30m and run 6x40m at $p < 0.01$; The remaining 2 tests are at $p < 0.001$.

The results obtained in Table 4 show that the achievement of the 6/6 test have a difference between the beginning and the end of the semester. In particular, the kick ball far test and test runs 20x100m at the threshold $p < 0.05$; speed ball test at threshold $P < 0.001$; The remaining 3 tests were at $p < 0.01$.

Thus, through the results of determining the difference in performance of 12 tests in 4

(1) Master, Bac Ninh Sports University; tuananhdhtdtt@gmail.com

Table 1. Comparison of results of fitness tests for students majoring in football in Semester 3 (n = 38)

No	Content	Value	Time		t
			Begining	Ending	
1	Leaping ball (times)	$\bar{x}$	42.18	47.92	3.877***
		±δ	5.09	7.57	
2	Kick the ball with the soles of the feet into goal 2x2m 10 balls (goal)	$\bar{x}$	6.45	7.45	3.357**
		±δ	1.25	1.35	
3	Throw-in (m)	$\bar{x}$	12.63	15.55	5.185***
		±δ	2.6	2.3	
4	Running 1500m (minutes, seconds)	$\bar{x}$	5.3	4.91	8.663***
		±δ	0.22	0.18	
5	CoDa test (s)	$\bar{x}$	10.18	9.94	7.228***
		±δ	0.16	0.14	
6	Speeding 40x75m (times)	$\bar{x}$	33.11	34.34	2.034*
		±δ	2.65	2.65	

Table 2. Comparison of results of fitness assessments for students majoring in football in Semester 4 (n = 38)

No	Content	Value	Time		t
			Begining	End	
1	Kick the ball (m)	$\bar{x}$	84.05	92.37	2.427*
		±δ	13.3	16.38	
2	Dribbling ball at speed 30m (s)	$\bar{x}$	4.92	4.69	3.166**
		±δ	0.32	0.3	
3	Guide the ball through pile to goal (s)	$\bar{x}$	9.76	9.31	4.163***
		±δ	0.39	0.56	
4	Run 5x30m (s)	$\bar{x}$	23.83	22.81	2.118*
		±δ	1.97	2.21	
5	Run 6x40m (time)	$\bar{x}$	2.95	3.5	2.891**
		±δ	0.77	0.89	
6	Run 20x100m (time)	$\bar{x}$	12.5	13.71	3.530***
		±δ	1.48	1.51	

semesters showed, the difference in all content of fitness assessment, in which the achievement at the end is much higher than the beginning of each semester.

CONCLUSION

Through the study of theoretical and practical basis, the thesis has evaluated the physical fitness of football students majoring in Education and Training, Bac Ninh University of Sports and Physical Education. The results showed that the students' physical performance showed significant differences at the beginning and the end of each semester, and the trend of physical fitness showed an increase over the semesters.

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Table 3. Comparison of results of fitness tests for intensive soccer students in Semester 5 (n = 39)

No	Content	Value	Time		t
			Begining	End	
1	Leaping ball(times)	$\bar{x}$	49.18	52.95	2.428*
		±δ	8.12	5.3	
2	Kick ball with the soles of the feet into goal 2x2m 10 balls (goal)	$\bar{x}$	8.08	8.77	2.949**
		±δ	1.2	0.84	
3	Throw-in (m)	$\bar{x}$	16.41	17.64	2.469*
		±δ	2.46	1.91	
4	Running 1500m (minutes, seconds)	$\bar{x}$	4.66	4.47	7.489***
		±δ	0.14	0.09	
5	CoDa test (s)	$\bar{x}$	9.76	9.59	9.848***
		±δ	0.08	0.07	
6	Speeding 40x75m (times)	$\bar{x}$	35.13	36.67	2.972**
		±δ	2.67	1.83	

Table 4. Comparison of results of fitness tests for intensive soccer students in Semester 6 (n = 39)

No	content	Value	Time		t
			Begining	End	
1	Kick the ball far (m)	$\bar{x}$	94.62	102.26	2.466*
		±δ	16.19	10.59	
2	Dribbling ball at speed 30m (s)	$\bar{x}$	4.38	4.1	6.834***
		±δ	0.18	0.18	
3	Guide the ball through pile to the goal (s)	$\bar{x}$	8.85	8.42	3.186**
		±δ	0.41	0.72	
4	Running 5x30m (s)	$\bar{x}$	22.01	20.97	2.934**
		±δ	1.83	1.22	
5	Running 6x40m (time)	$\bar{x}$	4.13	4.72	3.141**
		±δ	0.86	0.79	
6	Running 20x100m (time)	$\bar{x}$	14.44	15.28	2.330*
		±δ	1.68	1.52	

*(Signs: * P <0.05; ** P <0.01; *** P <0.001)*

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