

THE EFFICIENCY OF THE PHYSICAL FITNESS DEVELOPMENT EXERCISES FOR MALE STUDENTS AT PEOPLE'S POLICE COLLEGE II

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Abstract:

From the research results, the article focuses on the efficiency of the physical fitness development exercises for male students at People's Police college II. The efficiency of the physical fitness development exercises after one year of application is assessed according to Ministry of Education and Training (MoET)'s physical standards in 2008.

Key words: Exercise, physical fitness, students, college, police....

INTRODUCTION

The People's Police College II that belongs to the system of people's police schools has been given the task by Ministry of Public Security to provide training and fostering for police officers from Quang Tri province aback, with the training scale of over two thousand students every year. School-based physical education has always been improved in order to enhance the quality and effectiveness of training, but the application of specific exercises is still limited and can not promote self-discipline and positiveness in a large number of students participate in physical training and sports practice on a regular basis. When studying martial arts, the physical condition is not good and the training effect is not high. Therefore, the construction and application of some exercises for physical fitness development exercises for male students at People's Police college II is very necessary and urgent in the present time.

RESEARCH METHODS

The main methods used in the study included: Analyzing and synthesizing materials; pedagogical examination; pedagogical experiments, interviews; mathematical statistics.

RESULTS AND DISCUSSION

1. Steps for choosing specific physical fitness development exercises for male students at People's Police college II

The topic used the method of analyzing and synthesizing materials, interview methods and mathematical statistics to conduct in 3 steps:

Step 1: Synthesize 38 exercises for general physical development and 45 exercises for professional physical development.

Step 2: To get the scientific basis, the topic interview experts, scientists, lecturers... obtained 17 exercises for physical development and 24 exercises to develop professional physical fitness...

Step 3: Plan and apply exercises, practices from September 2016 to May 2017 under the plan, process, curriculum ... for the research subjects approved by the school...

The duration of the exercise is 28 weeks, 3 lessons /week, 3 periods /lessons, 45 minutes /period, the number of repeating times from 8 to 10 times, number of groups: 3, intensity: 60 - 75%. Number of students: 100 male students (50 students in the experimental group, 50 students in the control group), third session 2nd year of People's Police College II

2. The efficiency of applying the physical fitness development exercises for male students at People's Police college II

The pre-test results of both groups of male college students (3rd session) at People's Police college II were not significantly different ($t_{\text{calculated}} < t_{\text{control}}$ at the threshold rate of $P > 0.05$). This proves that, before the experiment, the physical fitness of the two groups is even.

For physical evaluation, two experimental and control groups tested in two phases: Phase I (09/2016 - 12/2016); Phase II (01/2017 - 05/2017). Specific:

- The results obtained after the experimental

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phase 1 showed that the experimental group had a significant change with 4/6 evaluation tests had a statistically significant development. But in 2/6 tests the development is not statistically significant compared to the pre-experiment time. Thus, after the experimental phase 1, it was shown that the development exercises system initially had significant effects on the experimental subjects. On that basis, the subject conducting the experimental phase 2.

- The results obtained after the experimental period 2 showed that the experimental group had significant changes in 5/6 tests, all changes

were statistically significant. Particularly, in the 5 minutes running test the change is not statistically significant at the threshold rate of $P > 0.05$. In the meanwhile, the control group did not change much, but even in the 30 seconds crunches tests showed a decrease in achievement compared to the first stage. The results showed that the physical fitness development exercises system had good development on the experimental group.

Comparisons of the physical fitness of the experimental and control groups with the MoET regulations obtained the results shown in Table 1.

Table 1. Comparison of physical fitness of male students in the control group after experiments with physical fitness assessment criteria for pupils and students of the MoET (n=50)

TT	Test	Mean		MoET		Evaluation	
		Control	Experimental	Good	Pass	Control	Experimental
1	Forehand grip strength (kg)	47.09	49.46	>48.7	≥ 42.0	Pass	Good
2	Crunches/30s (times)	18.74	20.8	>23	≥ 18	Pass	Pass
3	On-the-spot long jump (cm)	242.24	257.28	>227	≥ 209	Good	Good
4	30m running with sprint start (s)	4.62	4.42	<4.60	≤ 5.60	Pass	Good
5	4 x 10m Rhombus shaped running (s)	10.74	10.31	<11.70	≤ 12.30	Good	Pass
6	5 minutes running depending on physical condition (m)	1074.02	1120.12	>1070	≥ 960	Good	Pass

Table 1 shows that:

Control group: 3/6 tests rated pass (forehand grip strength, crunches in 30s, 30m running with sprint start) and 3/6 tests rated good (on-the-spot long jump, 4x10m rhombus shaped running, 5 minutes running); This indicates that the strength of the male students in the control group according to MoET standards is rated as physically good.

Experimental group: 1/6 tests rated pass (crunches in 30 seconds) and the remaining 5/6 tests rated good (forehand grip strength, on-the-spot long jump, 4x10m rhombus shaped running, 5 minutes running, 30m running with sprint start); This indicates that the strength of the male students in the experimental group according to MoET standards is rated as physically good.

CONCLUSION

The results of the experimental application proved the efficiency of the exercises selected to develop physical fitness for male college students in the 3rd session at People's Police

college II is relatively good. After two experimental stages, 5/6 tests of the experimental groups had statistically significant differences compared to the control group. This clearly demonstrates the effectiveness of the physical fitness development system used in teaching - physical training for male students in the 3rd session at People's Police college II.

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