

BUILDING TECHNICAL FITNESS CRITERIA FOR SECOND -YEAR HANDBALL MALE STUDENTS OF PHYSICAL EDUCATION MAJOR AT BAC NINH SPORT UNIVERSITY

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Abstract:

By routine research methods, the topic conducted test selection and build criteria for assessment of technical fitness for second-year handball male students at Bac Ninh Sport University. These benchmarks are an important basis for assessing students' levels, and fixing training programs to improve athletic performances.

Key words: Technical fitness, 2nd-year male students, handball...

INTRODUCTION

Technical fitness is an important factor in gaining achievement in handball. Therefore, the research on "Establishing criteria for assessing technical fitness of 2nd-year handball male students of physical education major at Bac Ninh Sport University" has scientific and practical meaning in step by step bringing science technology in the process of teaching and training students, while helping teachers and students to evaluate and self-assessment in the learning process, thereby adjusting to suit the purpose and tasks set to improve athletic performances in a sustainable manner.

RESEARCH METHODS

The research methods used include: Analyzing and synthesizing materials, interview and discussion, pedagogical observation, pedagogical experiment, mathematical statistics.

RESULTS AND DISCUSSION

1. Research on selecting technical fitness test for second-year handball male athletes of physical education major at Bac Ninh Sport University

Through the analysis and synthesis of materials, interviews with experts and coaches, determination of notification and reliability of physical fitness tests on second-year handball

male athletes of physical education major at Bac Ninh Sport University, we got four tests: 1. Speed dribbling 30 meters (s), 2. Long shot using 1 hand with take-off (m); 3. Dribble the ball through 8 stakes 30 meters (s) 4. Run 3000 meters (minutes).

2. Building technical fitness criteria for second-year handball male students of physical education major at Bac Ninh Sport University

2.1. Criteria for classification of the indicators

We build the criteria for classifying the tests' indicators in five levels: Good, fair, medium, weak and poor. The results are presented in Table 1.

2.2. Develop a scorecard of the of applying research indicators system

To easily assess and track student achievement in each indicator, it is also possible to compare students' levels with each other, turning different indicators of training levels into points in the C scale (10 points scale).

Results are shown in Table 2.

From the results in Table 2, we built a comprehensive score table as shown in Table 3. The total number of tests is 4 tests, so the maximum score is 40, of which there are 5 levels. We have a comprehensive technical fitness assessment as follows:

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Table 1. General technical fitness evaluation criteria for second-year handball male students of physical education major at Bac Ninh Sport University (n = 9)

No.	Index	Classification				
		Excellent	Good	Fair	Weak	Poor
1	Speed dribbling 30 meters (s)	<4.2	4.2 - 4.4	4.5-4.7	4.8-5.1	>5.1
2	Dribble the ball through 8 stakes 30 meters (s)	<7.2	7.2-7.5	7.6-7.9	8.0 -8.3	>8.3
3	Long shot using 1 hand with take-off (m)	>33	33-32	31-30	29-28	<28
4	Run 3000 meters (minutes)	<12.4	12.4-12.8	13.9-13.3	13.4-14	>14

Table 2. Comprehensive scorecard assessing technical fitness of second-year handball male students of physical education major at Bac Ninh Sport University

No.	Tests	Points									
		10	9	8	7	6	5	4	3	2	1
1	Speed dribbling 30 meters (s)	4.1	4.2	4.3	4.4	4.5	4.6	4.7	4.8	4.9	5
2	Dribble the ball through 8 stakes 30 meters (s)	7.2	7.3	7.4	7.5	7.6	7.7	7.8	7.9	8	8.1
3	Long shot using 1 hand with take-off (m)	34	33	32	31	30	29	28	27	26	25
4	Run 3000 meters (minutes)	12.2	12.3	12.4	12.5	13	13.2	13.4	14	14.2	14.4

Table 3. Comprehensive assessment scorecard evaluating technical fitness of second-year handball male students of physical education major at Bac Ninh Sport University

Classify comprehensive scores	Scores
Excellent	40 – 50
Good	35 – 39
Fair	25 – 34
Weak	20 – 24
Poor	0 – 19

CONCLUSION

From the results of this research I can draw some conclusions:

- Through research, we have selected 4 tests to assess the technical fitness of second-year handball male students of physical education major at Bac Ninh Sport University: Speed dribbling 30 meters (s); Dribble the ball through 8 stakes 30 meters (s); Long shot using 1 hand with take-off (m); Run 3000 meters (minutes). These tests have the required reliability and notification on the research subject.

- The results of the study also built up the classification tables, scores tables and

comprehensive scores tables to put into the assessment of the technical fitness of second-year handball male students of physical education major in a scientific, convenient way.

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