

DEVELOP EVALUATION CRITERIA OF PROFESSIONAL PHYSICAL STRENGTH LEVEL FOR MEN'S VOLLEYBALL SPECIALIZED STUDENTS AT DA NANG SPORT UNIVERSITY

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Abstract:

Using the common scientific research methods, we have selected tests for evaluating professional physical strength level for Volleyball male students in the first and second year at Da Nang Sport University and developed evaluation criteria of the selected tests for the research subjects.

Key words: Develop; criteria; professional physical strength aptitude; Volleyball; Da Nang Sport University ...

INTRODUCTION

The evaluation of professional physical strength aptitude for Volleyball players in general and for Volleyball specialized students at Da Nang Sport University in particular is an indispensable imperative issue. Therefore, we have clarified the status of evaluation for professional physical strength level for Volleyball male students in the first and second year at Da Nang Sport University. On such basis, we have conducted the study on "Develop evaluation criteria of professional physical strength level for first and second year Volleyball specialized students at Da Nang Sport University".

RESEARCH METHODS

In the research, we have used methods of references, interview, pedagogical examination and mathematical statistics.

RESULTS AND DISCUSSION

1. Select tests of assessing physical strength level for first and second year Volleyball male students at Da Nang Sport University

By using methods of references, interviewing with coaches and determining the criteria's reliability and informative characteristic, we have selected 10 criteria to evaluate the physical strength level for first and second year Volleyball male students at Da

Nang Sport University, includes: 1. 9 - 3 - 6 - 3 - 9 drill (s); 2. Long jump (cm); 3. Run between cones (s); 4. Reverse pivot, long jump and two-hand shot stuffed ball over net (s); 5. Standing long jump (cm);

6. 1- leg long jump (cm); 7. Crunches on ladder for 10 seconds (times); 8. One- hand shot stuffed ball (1 kg) away (m); 9. 2-minute jump rope (times); 10. Compound test (times)

2. Develop transcripts to evaluate physical strength level for first and second year Volleyball male students at Da Nang Sport University

To develop transcripts to evaluate the physical strength level for Volleyball male students in the first and second year at Da Nang Sport University, we have made a comparison the of physical strength evaluation criteria between the first and second year Volleyball male students at Da Nang Sport University. There is a difference in test performance in both school years, so when developing the evaluation criteria, it is necessary to develop separate criteria for each school year.

We have developed the criteria for evaluating the physical strength level for Volleyball male students in the first and second year at Da Nang Sport University on the evaluation scale C corresponding to each school year. Calculated results are in Tables 1 and 2.

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Table 1. Evaluation transcript for physical strength level for first and second year Volleyball male students at Danang Sport University - for first year students

No.	Test	Point									
		10	9	8	7	6	5	4	3	2	1
1	Long jump (cm)	7.7	7.9	8.09	8.29	8.48	8.68	8.88	9.07	9.27	9.46
2	Run between cones (s)	317.7	311.27	304.85	298.42	292	285.57	279.14	272.72	266.29	259.87
3	Reverse pivot, long jump and two-hand shot stuffed ball over net (s)	21.66	22.35	23.04	23.73	24.42	25.11	25.8	26.49	27.18	27.87
4	Standing long jump (cm)	18.6	19.2	19.79	20.38	20.98	21.57	22.16	22.76	23.35	23.94
5	1-leg long jump (cm)	291.41	285.58	279.74	273.9	268.07	262.23	256.39	250.56	244.72	238.88
6	Crunches on ladder for 10 seconds (times)	308.97	302.71	296.45	290.19	283.93	277.67	271.41	265.15	258.89	242.63
7	One- hand shot stuffed ball (1 kg) away (m)	7.71	7.53	7.34	7.15	6.97	6.78	6.59	6.41	6.22	6.03
8	2-minute jump rope (times)	29.09	28.38	27.68	26.98	26.27	25.57	24.87	24.16	23.46	22.76
9	Compound test (times)	266.3	259.86	253.42	246.99	240.55	234.11	227.67	221.23	214.8	208.36
10	Long jump (cm)	6.85	6.68	6.52	6.35	6.19	6.02	5.85	5.69	5.52	5.36

Table 2. Evaluation transcript for physical strength level for first and second year Volleyball male students at Da Nang Sport University - For second year students

No.	Test	Point									
		10	9	8	7	6	5	4	3	2	1
1	Long jump (cm)	7.36	7.54	7.73	7.91	8.1	8.29	8.47	8.66	8.85	9.03
2	Run between cones (s)	330.97	324.48	317.98	311.49	305	298.51	292.01	285.52	279.03	272.54
3	Reverse pivot, long jump and two-hand shot stuffed ball over net (s)	20.6	21.26	21.92	22.57	23.23	23.89	24.55	25.21	25.87	26.53
4	Standing long jump (cm)	17.85	18.38	18.92	19.45	19.99	20.52	21.06	21.59	22.13	22.66
5	1-leg long jump (cm)	318.41	311.44	302.48	297.51	290.54	290.57	281.6	274.64	261.67	252.7
6	Crunches on ladder for 10 seconds (times)	324.41	318.44	310.48	306.51	295.54	290.57	288.6	280.64	271.67	262.7
7	One- hand shot stuffed ball (1 kg) away (m)	8.04	7.86	7.67	7.49	7.3	7.12	6.93	6.75	6.56	6.37
8	2-minute jump rope (times)	30.46	29.74	29.03	28.32	27.6	26.89	26.17	25.46	24.74	24.03
9	Compound test (times)	276.77	270.6	264.43	258.27	252.1	245.93	239.77	233.6	227.43	221.27
10	Long jump (cm)	7.15	6.99	6.82	6.66	6.5	6.33	6.17	6.01	5.84	5.68

Table 1 and 2 show that transcripts to evaluate the physical strength level for Volleyball male students in the first and second year at Da Nang Sport University are very convenient for evaluation according to point of each evaluation criterion of physical strength level of research subjects. After developing the tests, teachers, coaches, or athletes need to know the results of each criterion follow the process of two steps:

- Step 1: Determine the school year of the subject and find corresponding transcript
- Step 2: Compare the test results of criteria with the data in the corresponding transcript to determine the achieved points of criteria

3. Develop general transcripts to evaluate physical strength level for first and second year Volleyball male students at Da Nang Sport University

Using the results in Tables 1 and 2, we have developed a general transcript to evaluate the physical strength level for Volleyball male students in the first and second year at Da Nang Sport University at 5 levels: Very good, good, average, weak and poor. Results are in table 3.

Table 3. General transcripts to evaluate physical strength level for first and second year Volleyball male students at Danang University of Physical Education and Sports

Classification	Points
Very good	> 85.00
Good	56.00 - 85.00
Average	45.00 - 55.00
Weak	25.00 - 44.00
Poor	< 25.00

In order to achieve the total point, it is not necessary to achieve the point as high as standard point of each test. They can take the high point of one test to cover the low point of the other test providing that the total point is within the range of the general transcript (Table 3) and no more than 1 test point is weak and poor.

Table 3 gives an overview of the physical strength level of Volleyball male students in the first and second year at Da Nang Sport

University and it is the important basis for teachers to evaluate well the teaching and training process. Then they can make adjustments on the appropriate content and the amount of movement in and training.

CONCLUSION

The study has selected 10 tests to evaluate of the physical strength level for Volleyball male students in the first and second year at Da Nang Sport University. At the same time, we have developed transcripts and general transcripts to evaluate of the professional physical strength level for Volleyball male students in the first and second year at Da Nang Sport University.

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(Received 30/10/2017, Reviewed 19/11/2017, Accepted 28/11/2017)