

DEVELOP EVALUATION CRITERIA OF PHYSICAL STRENGTH TRAINING LEVEL FOR THIRD YEAR PENCAK SILAT SPECIALIZED STUDENTS OF SPORTS TRAINING FACULTY AT BAC NINH SPORT UNIVERSITY

Tran Tuan Hieu¹, Ly Duc Truong²

Abstract:

Evaluating the physical strength training level for third year Pencak Silat specialized students in Sports Training Faculty at Bac Ninh Sport University through training stages is necessary. The research process has selected the criteria for assessing the physical strength training level for third year Pencak Silat specialized students in Sports Training Faculty at Bac Ninh Sport University. On such basis of selected criteria, we have developed the standards of evaluating the physical strength for study subjects.

Key words: Develop, criteria, training level, physical strength, students, Pencak silat, Bac Ninh Sport University...

INTRODUCTION

In order to improve the technique and effectively implement the tactics in Pencak Silat, the practitioner must develop all physical strength aptitudes such as strength of speed, power, strength of endurance, motor coordination and flexibility, etc. However, the researchers have not paid attention to the assessment of the physical strength training level for Pencak Silat specialized students in the third year of Sports Training Faculty at Bac Ninh Sport University. Therefore, study and develop criteria for evaluating the students' physical strength level is a necessary, urgent and practical issue

RESEARCH METHODS

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

RESULTS AND DISCUSSION

1. Selection of criteria for evaluating physical strength training level for third year Pencak Silat specialized students of Sports Training Faculty at Bac Ninh Sport University

Through studying the related materials and observing the training sessions, we have

selected 05 tests of assessing the physical strength for Pencak Silat specialized students in the third year of Sports Training Faculty at Bac Ninh Sport University and interviewed 20 teachers of Martial Arts – Boxing Department, the Pencak Silat coaches and referees. By proving the credibility and informative characteristic, we have selected 05 tests of assessing the physical strength training level for Pencak Silat specialized students in the third year of Sports Training Faculty at Bac Ninh Sport University.

2. Development of physical strength level classification criteria and assessment transcripts for third year Pencak Silat specialized students of Sports Training Faculty at Bac Ninh Sport University

To develop the classification criteria and the assessment transcripts of physical strength training level for Pencak Silat specialized students in the third year of Sports Training Faculty at Bac Ninh Sport University, we have used the 2d rule to evaluate the test results of specific criteria without conducting a comprehensive examination of all criteria. We have converted all measurement units into an intermediate measurement unit of evaluation scale C. Total number of Pencak Silat

1. Associate Prof. PhD, Bac Ninh Sport University

2. PhD, Bacninh Sport University

Table 1. Classification standards of criteria for assessing physical strength level by male Pencak Silat specialized students in third year of Sports Training Faculty at Bac Ninh Sport University

No.	Criteria	Very good	Good	Average	Weak	Poor
1	Push up for 30 times (s)	>36.96	36.95-35.26	35.25-31.86	31.85-30.16	<30.15
2	Knock down for 30 seconds (times)	>16.2	16.1-15.54	15.53-14.22	14.21-13.56	<13.55
3	Front stance, front kick for 15 seconds (times)	>23.1	23.0-22.02	22.01-19.86	19.85-18.78	<18.77
4	Front kick, lunge reverse punch 15 seconds (times)	>17.31	17.31-16.56	16.55-15.06	15.05-14.31	<14.30
5	Back thrust kick and front leg sweep for 30 seconds (times)	>14.48	14.47-13.68	13.67-12.08	12.07-11.28	<11.27

Table 2. Classification standards of criteria for assessing physical strength level by female Pencak Silat specialized students in third year of Sports Training Faculty at Bac Ninh Sport University

No.	Criteria	Very good	Good	Average	Weak	Poor
1	Push up for 30 times (seconds)	>30.51	30.51-28.88	28.88-25.62	25.62-23.99	<23.99
2	Knock down for 30 seconds (times)	>13.25	13.24-12.75	12.74-11.75	11.74-11.25	<11.24
3	Front stance, front kick for 15 seconds (times)	>23.72	23.71-22.61	22.60-20.39	20.38-19.28	<19.27
4	Front kick, lunge reverse punch 15 seconds (times)	>17.42	17.41-16.71	16.70-15.29	15.28-14.58	<14.57
5	Back thrust kick and front leg sweep for 30 seconds (times)	>13.25	13.24-12.75	12.74-11.75	11.74-11.25	<11.24

Table 3. Transcripts for assessing physical strength level by male Pencak Silat specialized students in third year of Sports Training Faculty at Bac Ninh Sport University

No.	Test	Point									
		10	9	8	7	6	5	4	3	2	1
1	Jump rope for 15 seconds (times)	38	37	36	35	34	34	33	32	31	30
2	Move in formal attention stance, speed lunge reverse punch for 30 seconds (times)	19	18	17	16	15	14	13	12	11	10
3	Push up for 15 seconds (times)	25	24	23	22	21	20	19	18	17	16
4	Round kick and back leg sweep for 20 seconds(times)	20	19	18	17	16	15	14	13	12	11
5	Lunge reverse punch and front leg round kick for 30 seconds (times)	18	17	16	15	14	13	12	11	10	9

Table 4. Transcripts for assessing physical strength level by female Pencak Silat specialized students in third year of Sports Training Faculty at Bac Ninh Sport University

No.	Test	Point									
		10	9	8	7	6	5	4	3	2	1
1	Jump rope for 15 seconds (times)	32	31	30	29	28	27	26	25	24	23
2	Move in formal attention stance, speed lunge reverse punch for 30 seconds (times)	18	17	16	15	14	13	12	11	10	9
3	Push up for 15 seconds (times)	26	25	24	23	22	21	20	19	18	17
4	Round kick and back leg sweep for 20 seconds(times)	20	19	18	17	16	15	14	13	12	11
5	Lunge reverse punch and front leg round kick for 30 seconds (times)	17	16	15	14	13	12	11	10	9	8

specialized students in the third year of Sports Training Faculty at Bac Ninh Sport University are 15 students, including 11 men and 4 women. The results are in Tables 1, 2, 3 and 4.

Table 1, 2, 3 and 4 shows that the classification criteria and the assessment transcripts of physical strength training level for Pencak Silat specialized students in the third year of Sports Training Faculty at Bac Ninh Sport University are very convenient for the evaluation according to the point of specific criteria for the students.

3. Development of general transcripts of assessing physical strength level for third year Pencak Silat specialized students of Sports Training Faculty at Bac Ninh Sport University

From the results in Tables 1,2,3 and 4, we have develop a general transcripts of assessing physical strength level for Pencak Silat specialized students in the third year of Sports Training Faculty at Bac Ninh Sport University. Specifically, the maximum point for each test is 10 points, so the maximum point of all tests is 50 points, $X_{max} = 50$, the minimum point for each test is 5 points, then $X_{min} = 5$. Therefore, when evaluating the total point of the tests for for Pencak Silat specialized students in the third year of Sports Training Faculty at Bac Ninh Sport University in 5 levels of very good, good, average, weak and poor, the gap of points between 05 levels will be calculated as follows:

$$(X_{max} - X_{min}) / 5 = (50 - 5) / 5 = 9 \text{ points}$$

The results are in Table 5

Table 5. General transcripts of assessing physical strength level for third year Pencak Silat specialized students of Sports Training Faculty at Bac Ninh Sport University.

Table 5. General transcripts of assessing physical strength level for third year Pencak Silat specialized students of Sports Training Faculty at Bac Ninh Sport University

Classification	Achieved points
Very good	> 41
Good	31- 40
Average	21- 30
Weak	20-Nov
Poor	<10

From the Table 5, we have generally assessed the training level for Pencak Silat specialized students in the third year of Sports Training Faculty at Bac Ninh Sport University. This is an important basis for teachers to assess properly the training level for students, then giving appropriate adjustments of content and the amount of movement during the training.

CONCLUSION

Through the research, we have selected 05 tests of assessing the physical strength level for Pencak Silat specialized students in the third year of Sports Training Faculty at Bac Ninh Sport University

The study has developed 2 tables of classification standards, 2 transcripts and 1 general transcripts to assessing the physical strength level for Pencak Silat specialized students in the third year of Sports Training Faculty at Bac Ninh Sport University

REFERENCES

1. Aulic I. V (1982), Evaluation of sports training level (translated by Pham Ngoc Tram), Sports Publishing House, Ha Noi.
2. Duong Nghiep Chi (1983), Sports measurement, Sport Publishing House, Ha Noi.
3. Daxuroroxki V. M (1978), Physical strength aptitude of athletes, Sport Publishing House, Ha Noi.
4. Tran Duc Dung, Ly Duc Truong (2003), Pencak silat curriculum, Sports Publishing House, Ha Noi.
5. Sports Committee (2015), Pencak silat law, Sport Publishing House, Ha Noi.

(Received 25/10/2017, Reviewed 6/11/2017, Accepted 28/11/2017)

Main responsible: Tran Tuan Hieu
Email: trantuanhieutdt@gmail.com)