

DEVELOP TRANSCRIPTS TO SELECT MORPHOLOGICAL AND PHYSICAL CAPACITY CRITERIA FOR WOMEN'S 400M GIFTED ATHLETES AGED 13 AT INITIAL STAGE OF SPECIALIZATION

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Abstract:

Using the common scientific research methods, we have chosen 7 criteria of morphology and physical strength and developed transcripts to select women's 400m gifted athletes at the age of 13 in the initial stage of specialization.

Key words: Criteria, selection, female athlete, 400m run, aged 13, initial stage of specialization

INTRODUCTION

Selection is an important step in the process of training athletes for many years. In the practice of Vietnam sports, the researchers have not been fully paid attention on the criteria of selecting women's 400m athletes at the age of 13. The application of criteria is lack of systematic, not scientifically verified. There is no transcript for the selection. Therefore, developing transcripts for selecting women's 400m gifted athletes at the age of 13 in the initial stage of specialization is extremely essential.

RESEARCH METHODS

The research has used the methods of document analysis and synthesis, interview, medical test, pedagogical examination (measured by the Kostex Metamax 3B system) and mathematical statistics.

RESULTS AND DISCUSSION

Using the methods of analysis and synthesis of documents, interview and determination of credibility and informative characteristic, we have selected 7 morphological and physical capacity criteria for selecting women's 400m gifted athletes at the age of 13 in the initial stage of specialization. We have conducted research

on 18 women's 400m athletes at the age of 13 in the initial stage of specialization, at the same time, developed transcripts to select women's 400m gifted athletes at the age of 13 for specific criteria according to the rules 2δ and the evaluation scale C. The results are in Table 1.

From the transcript of specific criteria, we have developed general transcripts for 7 criteria and tests (2 morphological criteria and 5 physical capacity tests) to select women's 400m gifted athletes at the age of 13 in the initial stage of specialization. The manner is as follows: The maximum point for each criterion, test is 10 points, so the maximum point of all criteria, tests is 70 points, $X_{\max} = 70$, the minimum point is 7 points, $X_{\min} = 7$. Therefore, in order to assess the overall points of the criteria and tests to select women's 400m gifted athletes at the age of 13 in the initial stage of specialization in 5 classifications (very good, good, average, weak and poor), the gap of points between 05 classifications will be calculated as follows:

$$(X_{\max} - X_{\min})/n = (70 - 7)/5 = 12.6 \text{ points}$$

The results of developing general transcripts to select women's 400m gifted athletes at the age of 13 in the initial stage of specialization are in Table 2.

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Table 1. Transcript for selecting women's 400m gifted athletes aged 13

No	Criteria	Point									
		10	9	8	7	6	5	4	3	2	1
1	5-step standing long jump (m)	≥12.00	11.99-11.50	11.49-11.00	10.99-10.50	10.49-10.00	9.99-9.50	9.49-9.00	8.99-8.50	8.49-8.00	≤7.99
2	30m high speed run (s)	≤3.90	3.91-4.05	4.06-4.10	4.11-4.14	4.15-4.20	4.21-4.30	4.31-4.40	4.41-4.45	4.46-4.50	≥4.51
3	200m crouch 4-point start run (s)	≤27.00	27.01-28.00	28.01-29.00	29.01-30.00	30.01-31.00	31.01-32.00	32.01-33.00	33.01-34.00	34.01-35.00	≥35.01
4	400m crouch start run (s)	≤61.50	61.51-64.50	64.51-66.50	66.51-68.50	68.51-69.50	69.51-70.50	70.51-71.50	71.51-72.50	72.51-73.50	≥73.51
5	800m standing start run (s)	≤150.50	150.51-160.50	160.51-170.50	170.51-180.50	180.51-190.50	190.51-200.00	200.01-200.50	200.51-210.00	210.01-220.00	≥220.01
6	Foot length/height (%)	≥62.70	62.69-60.50	60.49-57.50	57.49-55.50	55.49-53.50	53.49-51.50	51.49-49.50	49.49-47.50	47.49-45.50	≤45.49
7	Quetelet index (g/cm)	≥250.5	250.4-240.5	240.4-230.5	230.4-220.5	220.4-210.5	210.4-200.5	200.4-190.5	190.4-180.5	180.4-170.5	≤170.4

Table 2. General transcripts to select women's 400m gifted athletes aged 13 in initial stage of specialization

Classification	Point standard
Very good	57.5 – 70.0
Good	44.9 - 57.4
Average	32.3 - 44.8
Weak	19.7 - 32.2
Poor	7.0 - 19.6

From the results in table 2, we have comprehensively evaluated the criteria and tests for selecting women's 400m gifted athletes at the age of 13 in the initial stage of specialization, which is also an important basis for coaches to select well women's 400m gifted athletes at the age of 13 in the initial stage of specialization. On such basis, we have proposed adjustments for appropriate content and amount of movement during training.

CONCLUSION

The results of the study have identified 7 criteria and tests (2 morphological criteria and 5 physical capacity tests) to select women's 400m gifted athletes at the age of 13 in the initial stage of specialization. At the same time, we have developed classification transcripts, general transcripts for criteria of morphology and physical capacity in selecting women's 400m gifted athletes at the age of 13 in the initial stage of specialization.

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