

BUILD EVALUATION CRITERIA ON SPECIALIZED PHYSICAL CAPACITY FOR FIRST AND SECOND YEAR HANDBALL STUDENTS AT BAC NINH SPORT UNIVERSITY

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Abstract:

Using the common scientific research method, we have selected 05 tests to assess the level of professional physical strength for first and second year Handball students in Bac Ninh Sport University. At the same time, we have developed the criteria of specialized physical capacity evaluation for students on such basis of selected tests.

Key words: Criteria, assessment, specialized physical capacity students, Handball, first and second year, Bac Ninh Sport University.

INTRODUCTION

Proper evaluation of physical capacity level for students of Handball major is the basis for teachers to control, adjust the teaching process. It is also the basis for students to assess their own level. However, in reality, the teaching and assessment of learning results for students of Bac Ninh Sport University in generals and the assessment of physical capacity level for students in particular have not paid been appropriate attention. There are no criteria, standards and point scale of physical capacity evaluation for students. That is the reason why we have build the specialized physical capacity evaluation for students in the University.

RESEARCH METHODS

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

We have conducted the survey on 46 first and second year Handball major students in Bac Ninh Sport University, including: 25 students of University Course 48 (second year) in which 21 males and 4 females), 21 students of University Course 49 (first year) in which 19 males and 2 females)

We conduct the survey at the end of the first semester of the school year 2013-2014.

RESULTS AND DISCUSSION

1. Selecting tests of physical capacity level evaluation for first and second year Handball students of Bac Ninh Sport University

We have selected tests of physical capacity evaluation for first and second year Handball students of Bac Ninh Sport University through steps:

- + Using the methods of references, pedagogical observation, interview with Handball experts and coaches
- + Interviewing on a large scale by questionnaire
- + Determining the confident degree of the test by repeated test
- + Determine the informative characteristic of the test by using Sperment Hierarchical Correlation method between test results students' performance.

The study has selected 5 tests of physical capacity evaluation for first and second year Handball male students at Bac Ninh Sport University.

2. Build criteria of physical capacity level evaluation for first and second year Handball students of Bac Ninh Sport University

We have build criteria of physical capacity level evaluation for first and second year Handball students of Bac Ninh Sport University according to each school year on such basis of rule 2δ.

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Table 1. Classification criteria of physical capacity level evaluation for first year Handball students at Bac Ninh Sport University

No.	Content of test	Gender	Very good	Good	Average	Weak	Poor
1	2 people move and catch the ball for 30m (s)	Male	≤4.89	4.90-5.12	5.13-5.58	5.59-5.81	≥5.82
		Female	≤5.71	5.72-5.96	5.97-6.46	6.47-6.71	≥6.72
2	Throw solid ball into the wall from 3m length in 30s (ball)	Male	≥20.44	18.37-20.43	14.23-18.36	12.16-14.22	≤12.16
		Female	≥18.61	16.43-18.60	12.07-16.42	9.89-12.06	≤9.89
3	Lead the ball in 30m and pass through 8 stakes (s)	Male	≤7.21	7.22-7.53	7.54-8.17	8.18-8.49	≥8.50
		Female	≤8.2	8.21-8.53	8.54-9.19	9.20-9.52	≥9.53
4	Jump shoot from 9m line in 1 minute(ball)	Male	≥17.47	15.34-17.46	11.08-15.33	8.95-11.07	≤8.95
		Female	≥14.39	12.31-14.40	8.15-12.30	6.07-8.16	≤6.07
5	Lead the ball in zigzag for 200m in Handball court	Male	≤46.05	46.06-48.13	48.14-52.29	52.30-54.37	≥54.38
		Female	≤51.03	51.04-53.14	53.15-57.36	57.37-59.47	≥59.48

Table 2. Classification criteria of physical capacity level evaluation for second year Handball students at Bac Ninh Sport University

No.	Content of test	Gender	Very good	Good	Average	Weak	Poor
1	2 people move and catch the ball for 30m (s)	Male	≤4.64	4.65-4.88	4.89-5.36	5.37-5.6	≥5.61
		Female	≤5.49	5.50-5.75	5.76-6.27	6.28-6.53	≥6.54
2	Throw solid ball into the wall from 3m length in 30s (ball)	Male	≥21.54	19.43-21.53	15.21-19.42	13.1-15.20	≤13.09
		Female	≥19.51	17.39-19.51	13.15-17.38	11.03-13.14	≤11.02
3	Lead the ball in 30m and pass through 8 stakes (s)	Male	≤6.91	6.92-7.26	7.27-7.96	7.97-8.31	≥8.32
		Female	≤7.87	7.88-8.23	8.24-8.95	8.96-9.31	≥9.32
4	Jump shoot from 9m line in 1 minute(ball)	Male	≥18.36	16.31-18.35	12.21-16.30	10.16-12.20	≤10.15
		Female	≥15.31	13.27-15.30	9.19-13.26	7.15-9.18	≤7.14
5	Lead the ball in zigzag for 200m in Handball court	Male	≤45.02	45.03-47.14	47.15-51.38	51.39-53.5	≥53.51
		Female	≤50.15	50.16-52.23	52.24-56.39	56.40-58.47	≥58.48

Results are in Table 1 for first year students and Table 2 for second year students.

Results of Tables 1 and 2 show the physical capacity level evaluation for first and second year Handball students at Bac Ninh Sport University by gender and school year. To assess the physical capacity level for students, we have carried out the following steps:

- Develop test corresponding to criteria
- Develop a table of classification criteria by school year and gender
- Compare the test results with the corresponding classification table to make the appropriate assessment level.

CONCLUSION

1. The study has selected 05 tests to evaluate the physical capacity level for first and second year Handball students at Bac Ninh Sport University.

2. We have build 02 tables of classification criteria to evaluate the physical capacity for first and second year Handball students of Bac Ninh Sport University.

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