

BUILDING SCOREBOARD TO EVALUATE THE LEVEL OF PHYSICAL CAPACITY FOR FEMALE KARATEDO ATHLETES AGED 15-17 OF MINISTRY OF PUBLIC SECURITY'S SPORTS TRAINING AND COMPETITION CENTER

Ly Duc Truong¹, Tran Bi²

Abstract:

Based on the research results of the topic, the article introduced the selected tests to assess physical capacity for female Karatedo athletes aged 15-17, Ministry of Public Security Sports Training and Competition Center. At the same time, building the evaluation standards of the selected tests for the subjects.

Key words: Scoreboard, training level, physical capacity, female athletes, Karatedo, aged 15-17, Ministry of Public Security's Sports Training and Competition Center.

INTRODUCTION

The strict requirements are set for the Karatedo athletes on all aspects such as tactics, psychology, physical capacity ..., so the evaluation of practicing levels and training young athletes is extremely necessary. However, the reality of physical capacity assessment in Vietnam, in most training bases, coaches often use their own experiences to assess physical capacity while these experiences are sometimes subjective, inaccurate and lack of scientific basis.

RESEARCH METHODS

The research process uses the following methods: Documents referring; Interviews; Pedagogical examination; Mathematical statistics.

RESULTS AND DISCUSSION

1. Selection of physical capacity tests for female Karatedo athletes at the ages of 15-17 of Ministry of Public Security's Sports Training and Competition Center

Based on the results of the interviews, and at the same time determining the announcing character and reliability of the norms, we have selected 11 evaluation norms of physical capacity for female athletes aged 15 -17 of The

Ministry of Public Security's Sports Training and Competition Center which consists of: (1) Vertical Split (cm); (2) 30m running with sprint start; (3) Round kick 10s ; (4) Two opposite targets distance of 3m kick; (5) On-the-spot long jump (cm); (6) Round kick with weight of 0.5 kg 15s (sl); (7) Push-up 30s (number); (8) Round kick with elastic band 60s (number); (9) 20m zic-zac Running (s); (10) 1500m running (minutes); (11) Round kick with both legs continuously 60s (number).

2. Building scoreboard of physical capacity level assessment for female Karatedo athletes aged 15-17, Ministry of Public Security's Sports Training and Competition Center

Before building a scoreboard, we have compared the differences between physical capacity level assessing norms for female Karatedo athletes aged 15-17, it showed that there was no statistically significant difference in all three age groups at 5 norm groups ($t_{\text{calculate}} > t_{\text{control}}$ with $p < 0,05$). Therefore, it is necessary to develop specific standards for each age group when developing the evaluation standards. The results of the C scale are presented in Tables 1, 2 and 3.

1. PhD, Bac Ninh Sport University

2. MPhEd, Sports training center of the Ministry of Public Security

Table 1. Scoreboard of physical capacity level assessment for female Karatedo athletes aged 15, Ministry of Public Security's Sports Training and Competition Center

No	Tests	Points									
		10	9	8	7	6	5	4	3	2	1
1	Vertical Split (cm)	13	12	11	10	9	8	7	6	5	4
2	30m running with sprint start	4.29	4.48	4.67	4.86	5.05	5.24	5.43	5.62	5.81	6
3	Round kick 10s	18	17	16	15	14	13	12	11	10	9
4	Two opposite targets distance of 3m kick	18	17	16	15	14	13	12	11	10	9
5	On-the-spot long jump (cm)	230	227	224	221	217	214	211	208	204	201
6	Round kick with weight of 0.5 kg 15s (sl)	17	16	15	14	13	13	12	11	10	9
7	Push-up 30s (number)	32	29	26	24	21	18	16	13	10	8
8	Round kick with elastic band 60s (number)	47	45	43	42	40	38	36	35	33	31
9	20m zic-zac Running (s)	3.96	4.15	4.33	4.52	4.7	4.89	5.07	5.26	5.44	5.63
10	1500m running (minutes)	5.75	5.89	6.03	6.17	6.31	6.45	6.59	6.73	6.87	7.01
11	Round kick with both legs continuously 60s (number)	91	87	83	80	76	72	68	65	61	57

Table 2. Scoreboard of physical capacity level assessment for female Karatedo athletes aged 16, Ministry of Public Security's Sports Training and Competition Center

Order	Examination test	Points									
		10	9	8	7	6	5	4	3	2	1
1	Vertical Split (cm)	11	10	9	8	7	6	5	4	3	2
2	30m running with sprint start	4.32	4.48	4.64	4.8	4.96	5.12	5.28	5.44	5.6	5.76
3	Round kick 10s	21	20	19	18	17	16	15	14	13	12
4	Two opposite targets distance of 3m kick	20	19	18	17	16	15	14	13	12	11
5	On-the-spot long jump (cm)	234	231	228	226	223	220	217	215	212	209
6	Round kick with weight of 0.5 kg 15s (sl)	18	17	16	15	14	13	12	11	10	9
7	Push-up 30s (number)	31	29	27	24	22	20	18	16	14	12
8	Round kick with elastic band 60s (number)	50	49	47	45	44	42	41	39	37	36
9	20m zic-zac Running (s)	4.14	4.26	4.38	4.5	4.62	4.74	4.86	4.98	5.1	5.22
10	1500m running (minutes)	5.69	5.82	5.94	6.07	6.19	6.32	6.44	6.57	6.69	6.82
11	Round kick with both legs continuously 60s (number)	99	95	91	88	84	80	77	73	70	66

Tables 1, 2 and 3 show that: The scoreboards of physical capacity level assessment for female Karatedo athletes aged 15-17, Ministry of Public Security's Sports Training and Competition Center is very convenient to use to evaluate according to each norm's score of physical capacity level assessment for female Karatedo athletes for the research subjects. After completing the test, managers, coaches, or athletes need to know each norm is relevant to which score, then conduct the progress

including three steps as follows:

- Step 1: Determine the age of the subject that needs to be marked and look up the table of that age
- Step 2: Comparing the built norm result of the norm that needs to be looked up with the above table to determine the achieved points of that norm.
- Step 3: Determine the total score of the 11 tests and compare it with the general scoreboard (Table 4) to assess the physical capacity level of

Table 3. Scoreboard of physical capacity level assessment for female Karatedo athletes aged 17, Ministry of Public Security's Sports Training and Competition Center

Order	Examination test	Score									
		10	9	8	7	6	5	4	3	2	1
1	Vertical Split (cm)	10	9	8	7	6	5	4	3	2	1
2	30m running with sprint start	4.375	4.49	4.605	4.72	4.835	4.95	5.065	5.18	5.295	5.41
3	Round kick 10s	25	24	23	22	21	20	19	18	17	16
4	Two opposite targets distance of 3m kick	22	21	20	19	19	18	17	17	16	15
5	On-the-spot long jump (cm)	238	235	233	231	229	226	224	222	219	217
6	Round kick with weight of 0.5 kg 15s (sl)	19	18	17	16	15	14	13	12	11	10
7	Push-up 30s (number)	37	34	31	29	26	23	21	18	15	12
8	Round kick with elastic band 60s (number)	57	55	52	50	48	46	44	42	40	38
9	20m zic-zac Running (s)	4.04	4.08	4.12	4.16	4.2	4.24	4.28	4.32	4.36	4.4
10	1500m running (minutes)	5.805	5.88	5.955	6.03	6.105	6.18	6.255	6.33	6.405	6.48
11	Round kick with both legs continuously 60s (number)	109	105	102	98	94	90	87	83	79	76

female karatedo athletes aged 15-17, Ministry of Public Security's Sports Training and Competition Center according to 5 levels: Excellent, good, fair, weak and poor

Table 4. Scoreboard of physical fitness level comprehensive assessment for female Karatedo athletes aged 15-17, Ministry of Public Security's Sports Training and Competition Center

General Score classification	Evaluation Scores
Excellent	> 89
Good	67 - 88
Fair	55 - 66
Weak	33 - 54
Poor	< 33

Through table 4, it allows us to generally assess the physical capacity levels of female karatedo athletes aged 15-17, Ministry of Public Security's Training and competition Centre. It is also an important basis to help coaches in evaluating the training level of athletes and the training process closer to reality, and from this, adjust the content and amount of training exercises suitably.

CONCLUSION

Through the study, 11 tests were selected to assess the physical capacity levels of female karatedo athletes aged 15-17, Ministry of Public Security's Training and competition Centre which consisted of: (1) Vertical Split (cm); (2)

30m running with sprint start; (3) Round kick 10s ; (4) Two opposite targets distance of 3m kick; (5) On-the-spot long jump (cm); (6) Round kick with weight of 0.5 kg 15s (sl); (7) Push-up 30s (number); (8) Round kick with elastic band 60s (number); (9) 20m zic-zac Running (s); (10) 1500m running (minutes); (11) Round kick with both legs continuously 60s (number). By the suitable research methods, the topic has developed scoreboards, general scoreboard to assess the physical capacity levels of female karatedo athletes aged 15-17, Ministry of Public Security's Training and competition Centre.

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