

THE REALITY OF PROFESSIONAL DURABILITY LEVEL OF YOUNG MALE ARCHERS IN PHU THO PROVINCE

Do Huu Truong¹, Hoang Thach Chien²

Abstract:

Using the methods of scientific research to select 05 tests and build evaluation criteria for professional durability level of young male archery athletes in Phu Tho province and at the same time apply the evaluation of professional durability level of research subjects. The results showed that the level of durability level of young male archery athletes in Phu Tho province still has many limitations that do not meet the standards.

Key words: Reality, physical strength, professional skill, archery, Phu Tho...

INTRODUCTION

Sports training is a complex process. The content of the training is very diverse, including: Physical, technical, tactical, psychological. In archery training, professional durability level plays an especially important role in being the foundation to determine the effectiveness of training. Especially in the period when athletes enter the initial specialization training, physical quality in terms of resistance level is the basis for improving their training and competing performance and competition. To ensure effectiveness of training process, the matter of improving the physical strength in general and professional durability level in particular for young archery athletes is an important task. Because of this, the accurate assessment of the professional durability level of male archery athletes is the basis for the coach to adjust the training plan to develop this physical strength for male athletes in the young archery team in Phu Tho province..

RESEARCH METHODS

The research method uses the following research methods: Analyzing and synthesizing materials, Interviews and discussion, Pedagogical observation, pedagogical examination, mathematical statistics.

RESULTS AND DISCUSSION

1. Selecting physical fitness tests for male archery athletes in Phu Tho province

To select the tests of technical durability for young male athletes in Phu Tho province, the topic has read and analyzed the relevant documents to synthesize the tests criteria, then the topic interviewed 10 archery athletes. The results selected five criteria with 80% - 90% votes are agree votes, including:

Lift and hold 10 kg dumbbell (s); 2. Hold bow on hand for long time (s); 3. Continuously draw bow to maximum (time); 4. Pull back the string to maximum; 5. Pull and hold the string for long time (s).

In order to ensure the scientific of the tests, the topic determined the reliability and clarity of the selected test. The results show that all five tests have the qualities to be used as tests to examine the level of technical durability for young male archery athletes in Phu Tho province.

2. Develop evaluation criteria of technical durability for young male archery athletes in Phu Tho province

2.1. Study on building the evaluation criteria of technical durability for young male archery athletes in Phu Tho province

1. Assoc. Prof. Dr. Bac Ninh Sport University;

2. MPhEd. Department of Culture, Sports and Tourism of Phu Tho province

After the selection of the tests, the topic has developed evaluation standards of technical durability for young male archery athletes in Phu Tho province. To classify the level of technical durability of the subject, the topic used the 2 σ rule to classify the level of training of athletes into 5 levels: Excellent, good, fair, weak, poor. The results are presented in Table 1

Table 1 shows that in the five tests that were rated at 5 levels of excellent, good, fair, weak and poor, each test has very convenient specified ranges for the individual assessment of the professional durability level for young male archery athletes in Phu Tho province. When making a test, if you need to know which

rank that athlete's norm is, look up the table following this process:

- Determine the (test) norm that you need to look up

- Conduct the test and base on the relevant criteria in the classification table to determine the classification according to each norm.

2.2. Study on building the classification scorecard of technical durability for young male archery athletes in Phu Tho province

Researchers use scale with the formula $C = 5 + 2Z$, to build the rating scale of professional durability level for young male archery athletes in Phu Tho province. Results are presented in Table 2.

Table 1. Criteria for classification of technical durability for young male archery athletes in Phu Tho province

No.	Test	Rank				
		Excellent	Good	Fair	Weak	Poor
1	Lift and hold 10 kg dumbbell (s)	≥ 60.222	60.19-55.25	55.24- 50.18	50.17- 45.21	<45.21
2	Hold bow on hand for long time (s)	≥ 63.45	63.42- 57.23	57.22- 52.18	52.17-47.35	<47.35
3	Continuously draw bow to maximum (time)	≥ 24.25	24.14-19.33	19.32-14.58	14.57- 10.22	<10.22
4	Pull back the string to maximum	≥ 38.20	38. 09-34.23	34.22-30.16	30.15-25.55	<25.55
5	Pull and hold the string for long time (s)	≥ 29.26	29.34-24.43	24.42-20.65	20.64-15.88	<15.88

Table 2. Evaluation scores for professional durability level for young male archery athletes in Phu Tho province

No.	Test	Scale									
		10	9	8	7	6	5	4	3	2	1
1	Lift and hold 10 kg dumbbell (s)	≥ 60.20	60,222	60.19	55.25	55.24	50.18	50.17	45.21	45.2	<45.20
2	Hold bow on hand for long time (s)	≥ 63.43	63.45	63.42	57.23	57.22	52.18	52.17	47.35	47.34	<47.34
3	Continuously draw bow to maximum (time)	≥ 24.15	24.25	24.14	19.33	19.32	14.58	14.57	10.22	10.21	<10.21
4	Pull back the string to maximum	≥ 38.10	38.2	38.09	34.23	34.22	30.16	30.15	25.55	25.54	<25.54
5	Pull and hold the string for long time (s).	≥ 29.35	29.26	29.34	24.43	24.42	20.65	20.64	15.88	15.87	<15.87

Table 4. General evaluation sheet of professional durability level for young male archery athletes in Phu Tho province

No.	Tests	Score	Rank
1	Lift and hold 10 kg dumbbell (s)	7	Fair
2	Hold bow on hand for long time (s)	5	Average
3	Continuously draw bow to maximum (time)	6	Average
4	Pull back the string to maximum	6	Average
5	Pull and hold the string for long time (s).	6	Average
Total	30		Average

Table 2 shows that each test assessing the professional durability level for young male archery athletes in Phu Tho province has a specific score on a scale of 10. Through this scoreboard, the coach quickly assesses professional durability level for young male archery athletes in Phu Tho province in each content and each test. When using the rating scales, the scores for each target are determined according to the upper or lower asymptotic calculation (the test result is close to the corresponding value of the point). However, the tests assessing the professional durability level for young male archery athletes in Phu Tho province consist of 05 tests, therefore, if coaches want to evaluate in a comprehensive and quick manner, as well as to compensate for the short-term evaluation tests and shorten the training time, when conducting this task, it is necessary to develop a comprehensive scorecard. The results are presented in Table 3.

Table 3. General evaluation scores for professional durability level for young male archery athletes in Phu Tho province

No.	Rank	Score
1	Excellent	≥ 45
2	Good	44- 32
3	Fair	31- 25
4	Weak	24-15
5	Poor	15<

Table 3 shows that: The tests, when tested and evaluated according to the standards and scoreboards, are then assessed through a composite scorecard, therefore can quickly determine the professional durability level for young male archery athletes in Phu Tho province.

3. The reality of professional fitness level of young archery athletes in Phu Tho province

Researchers conduct the test of professional durability level of the research subjects through the selected tests and compare with the evaluation scale. The results are presented in Table 4.

Table 4 shows that: The results obtained in the tests compared with the criteria of professional durability level assessment reflect

clearly that the level of professional durability of young male archery athletes in Phu Tho province are limited. In 5 tests only 1 test result is considered fair while the other 3 test results are average. On the basis of the combined score, the results achieved were only at an average rank with the score of 30. While the overall rank is average, the result is only at the lower end of the average rank. Thus, the professional durability level for young male archery athletes in Phu Tho province needs to be focused more in the training process, especially the selection of exercises to assure the applied science feature into empirical practice for athletes.

CONCLUSION

The research has selected 5 tests and establish standards for professional durability level of young male archery athletes in Phu Tho province, and have conducted assessment on the research subjects. The results confirmed that the professional durability level of young male archery athletes in Phu Tho province have many limitations that have not met the standards and requirements of practical training and competition.

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Main responsible: Do Huu Truong
Email: truongbs71@gmail.com)