

Assessment of Physical Fitness Status of Male Athletes of the Vovinam Youth Team in Ho Chi Minh City age 16 – 17

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Abstract

On the basis of synthesizing and analyzing the opinions and knowledge of experts, selecting the fitness assessment tests for male athletes of the Vovinam youth team of Ho Chi Minh City aged 16 - 17. Through the research, 10 tests have been identified to assess the physical condition of male athletes of the Vovinam youth team of Ho Chi Minh City age 16 - 17. Initial test results show that the physical strength of Vovinam male athletes is similar with no dispersion.

Keywords: Assessment, status, fitness, male athletes, Vovinam youth team, Ho Chi Minh City.

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1. INTRODUCTION

The training of resistance athletes is basically based on experience, the main thing that is lacking is science (up to this point there has not been a research work to comprehensively evaluate the technical level of sports athletes). Encouraging Vovinam to resist in Ho Chi Minh City). Therefore, we urgently need to have comprehensive reviews and assessments to learn and find solutions in the process of training Vovinam resistance athletes in particular and martial arts in general.... That is the reason, due to the choice of research: "Assessment of physical fitness status of male athletes of the Vovinam youth team in Ho Chi Minh City aged 16 - 17".

2. RESEARCH OBJECTS AND METHODS

In the research process, the methods of document synthesis and analysis, interview methods, pedagogical testing methods, and statistical methods were used.

3. RESULTS AND DISCUSSION

3.1. Determination of physical fitness tests of male athletes from Vovinam HCMC youth team. Ho Chi Minh age 16 - 17

To determine the selection of tests to assess the physical fitness of male athletes from the Vovinam youth team of Ho Chi Minh City aged 16 - 17. The study was conducted according to the following steps:

- Step 1: Summary of interviews and selection of fitness assessment tests.
- Step 2: Check the reliability of the tests.

3.1.1 Summary of fitness assessment tests

By synthesizing a number of research sources on physical training and Vovinam training at home and abroad, and consulting with experts, the research has selected 10 tests used in the assessment test of physical fitness, specifically presented in Table 1.

Table 1: Results of interview and selection of fitness assessment tests of male athletes Vovinam of Ho Chi Minh City

No	Test	Interview results				Compare		
		1 st Time (n= 37)	Rate %	2 nd Time (n= 38)	Rate %	X ²	P	
1	Vovinam's General and Professional Fitness	Run 30m with a high start (s)	33	89.18	35	92.10	0.14	>0.05
2		Run 100m Low Start (s)	16	43.2	9	23.68	1.96	>0.05
3		Run 800m (s)	30	81.08	35	92.10	0.01	>0.05

4		Run 1500m (s)	12	29.7	8	21.05	0.47	>0.05
5		Thrust in place (cm)	37	100	36	94.73	0.01	>0.05
6		Lie on stomach push-ups 1 minute (times)	36	97.3	35	92.10	0.01	>0.05
7		Jump rope 1 minute (times)	32	86.4	31	81.57	0.05	>0.05
8		Crunches 1 minute (times)	33	89.18	31	81.57	0.14	>0.05
9		Stretch your back for 30s (times)	10	27.06	12	28.94	0.05	>0.05
10		Back force (times)	23	62.16	25	65.78	0.08	>0.05
11		Punch arm straight before 10s (times)	32	86.4	31	81.57	0.05	>0.05
12		Hand hook punch after 10s (times)	10	27.06	12	28.94	0.05	>0.05
13		Punch straight before 30s (times)	21	56.7	18	47.36	0.23	>0.05
14		Hand hook punch after 30 seconds (times)	30	81.08	35	92.10	0	>0.05
15		Đá vòng cầu chân trước 30s (lần)	23	62.16	25	65.78	0.08	>0.05
16		Kick the leg after 30s (times)	36	97.3	35	92.10	0.01	>0.05
17		Hit 3 triangle targets for 20s (times)	30	81.08	35	92.10	0.01	>0.05
18		Coordinate front arms + hind legs 30s (times)	10	27.06	12	28.94	0.05	>0.05
19		Sandbag bottom stone (times)	7	18.9	12	31.57	1.32	>0.05
20		Strike Foot Attack (times)	16	43.2	9	23.68	1.96	>0.05

Thus, through the interview according to the principles outlined in the topic, 10 tests with high consensus votes were selected in both interviews with a consensus rate of over 80% as follows: Run 30m with a high start (s), Run 800m (s), Thrust in place (cm), Lie on stomach push-ups 1 minute (times), Jump rope 1 minute (times), Crunches 1 minute (times), Straight arm punch first 10s (times), Hand hook punch after 30 seconds (times), Kick the leg after 30s (times), hit 3 triangle targets for 20s (times).

3.1.2. Evaluate the reliability of the selected tests

A test is used to evaluate the object of study if and only if it is guaranteed to have sufficient reliability. Therefore, the above 10 interview tests first need to be conducted to check their reliability. Check the reliability through repeated testing twice in 7 days. Reliability test results of fitness and functional tests are presented in Table 2.

Table 2: Reliability test results of tests

No	TEST	Result test 1st time	Result test 2 nd time	r	P	
		$\bar{X}_1 \pm \delta_1$	$\bar{X}_2 \pm \delta_2$			
1	General and Professional Fitness	Run 30m with a high start (s)	3.89 ± 0.16	3.91±0.17	0.91	<0.05
2		Run 800m (s)	178.14 ± 0.89	180.01±0.97	0.93	<0.05
3		Thrust in place (cm),	237 ± 6.2	234±6.7	0.83	<0.05
4		Jump rope 1 minute (times)	133 ± 2.74	130±2.56	0.89	<0.05
5		Crunches 1 minute (times)	31 ± 2.2	34±1.9	0.81	<0.05
6		Lie on stomach push-ups 1 minute (times)	49 ± 1.29	50±1.83	0.92	<0.05
7		Straight arm punch first 10s (times)	23 ± 1.87	24±1.92	0.91	<0.05
8		Hand hook punch after 30 seconds (times)	50 ± 2.04	51±2.15	0.88	<0.05
9		Kick the leg after 30s (times)	39 ± 1.78	40±2.13	0.94	<0.05
10		Hit 3 triangle targets for 20s (times)	14 ± 1.29	15±1.31	0.95	<0.05

Table 2 shows that 10/10 tests all have $r \geq 0.8$ and $P < 0.05$, all selected tests show a high degree of reliability between the two tests. That shows that the system of tests above shows a strong correlation, has full stability and reliability.

3.2. Assessment of physical fitness for male athletes of Vovinam City youth team. Ho Chi Minh age 16 - 17

Research using 10 fitness tests for male athletes of Vovinam HCMC youth team. In order to assess the physical condition of male athletes of the Vovinam youth team in Ho Chi Minh City, the age group 16 - 17 is presented in Table 3.

From the results of Table 3, it can be seen that: The achievements of 12 male athletes achieved through physical fitness tests are uniform and without dispersion.

Table 3: Physical status of male Vovinam athletes aged 16-17

No	TEST	\bar{x}	δ	$C_v\%$	ε	
1	General and Professional Fitness	Run 30m with a high start (s)	3.89	0.16	4.10	0.04
2		Run 800m (s)	178.14	0.89	2.07	0.05
3		Thrust in place (cm),	237	6.2	2.00	0.03
4		Jump rope 1 minute (times)	133	2.74	4.08	0.04
5		Crunches 1 minute (times)	31	2.2	3.63	0.01
6		Lie on stomach push-ups 1 minute (times)	49	1.29	0.45	0.05
7		Straight arm punch first 10s (times)	23	1.87	0.28	0.04
8		Hand hook punch after 30 seconds (times)	50	2.04	1.71	0.03
9		Kick the leg after 30s (times)	39	1.78	0.50	0.02
10		Hit 3 triangle targets for 20s (times)	14	1.29	1.57	0.02

4. CONCLUSION

Through the research, 10 selected tests have been identified, including 06 general fitness tests and 04 professional assessment tests used to test the fitness for male athletes recruiting Vovinam HCMC aged 16-17 have sufficient reliability with $r \geq 0.8$ (from 0.81 to 0.95). It has been assessed that the physical condition of Vovinam male athletes is relatively uniform without dispersion; From there, the conditions for the study can be carried out to compare the average values, or to build a classification and evaluate the 10 tests mentioned above.

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