



# International Journal of Physical Education, Sports and Health

P-ISSN: 2394-1685  
E-ISSN: 2394-1693  
Impact Factor (ISRA): 5.38  
IJPESH 2020; 7(3): 36-39  
© 2020 IJPESH  
[www.kheljournal.com](http://www.kheljournal.com)  
Received: 25-03-2020  
Accepted: 27-04-2020

**Dr. Nguyen Xuan Hung**  
University of Physical Education  
and Sports of Da Nang, Vietnam

## Research building the standards for assessing the level of the physical strength of the intensive football students of DUC TRI College: DA Nang

**Dr. Nguyen Xuan Hung**

### Abstract

Using the regular scientific research method, 8 professional physical strength assessments were selected for the intensive football students at Duc Tri College - Da Nang.

**Keywords:** Research, building, standard, test evaluation, professional physical strength, student, intensive football, Duc Tri College – Da Nang

### 1. Introduction

#### 1.1 Put The Issue

Duc Tri College - Da Nang is one of the schools with physical education training. Duc Tri College - Da Nang was established in 2005 and has a multidisciplinary training, after that, the field of physical education has always been respected by the school, the school and the physical education subject have continuously renovated the training create and create for the society the physical training and sport officials and teachers who are capable and capable of serving the cause of physical training and sports development in the new era. Through the practice of teaching as well as consultation of teachers in Duc Tri College - Da Nang, we realize that currently, the fitness level of students in intensive football courses does not develop. Evenly, this situation has many reasons, including the assessment of the fitness of football students, but there are some points that are not very reasonable, such as: The assessment criteria that are still in use are largely those that have been used for many years; The assessment of students' physical strength in each school year is not significantly different... That has contributed to the decline in the fitness of students during training, and somewhat affects the quality of football training at the school.

At the present, Duc Tri College – Da Nang has not had any research project for the intensive football subject. Therefore, the study of targets selection and building standards to appreciate the physical strength for intensive football students of Duc Tri College - Da Nang is an important and extremely necessary issue.

### 2. Research Methods

During the research, we use the following research methods: Methods of analysis and synthesis of references, Interview method, Pedagogical observation method, Pedagogical test method. Statistical math method.

Research subjects: 50 male students in football at Duc Tri College - Da Nang.

### 3. Research Results and Discussion

1. Building the standards to appreciate the physical strength level of intensive football students of Duc Tri College in Da Nang.
2. Building the standards to assess the physical strength of football students in the semesters
3. Constructing a scale to assess the fitness of Football students

Based on test results (index  $\bar{x} \pm \delta$ ) of intensive football students of each respective subject in the semester, between the semesters determined to show, between the different semesters, the evaluation criteria must also be different.

**Corresponding Author:**  
**Dr. Nguyen Xuan Hung**  
University of Physical Education  
and Sports of Da Nang, Vietnam

To easily assess and track the development of students' performance in each test during the period, at the same time can compare the level of students with each other as well as build criteria for assessing the fitness of subjects. In the study, we built a scale to assess fitness level scores on a C-scale (scale of 10).

### 3.1 Building the standards for classifying the assessment of the physical strength of intensive football students at Duc Tri Da Nang College

In the training process, the classification of the training level in general, the training level of students in particular has an important meaning in controlling the teaching. Therefore, from the statistical results, we classify each the evaluation criteria of physical strength of intensive football students into 5 levels: "good", "pretty", "average", "weak" and "poor" according to the  $2\sigma$  rule.

- Good:  $> \bar{x} + 2\delta$ .
- Pretty: Từ  $\bar{x} + 1\delta$  đến  $\bar{x} + 2\delta$ .
- Average: Từ  $\bar{x} - 1\delta$  đến  $\bar{x} + 1\delta$ .
- Weak: từ  $\bar{x} - 1\delta$  đến  $\bar{x} - 2\delta$ .
- Poor:  $< \bar{x} - 2\delta$ .

**Table 1:** The general physical strength assessment criteria for modules of Duc Tri Da Nang College of intensive football students.

Module	Classification level				
	Good	Pretty	Average	Weak	Poor
Module 1	$\geq 35.82$	28.21- 35.81	12.98 -28.20	5.37 - 12.98	$< 5.37$
Module 2	$\geq 35.40$	27.53 - 35.39	11.79-27.52	3.92-11.78	$< 3.92$
Module 3	$\geq 35.48$	28.14 - 35.47	13.45-28.13	6.11-13.44	$< 6.11$
Module 4	$\geq 36.16$	29.04 – 36.15	14.81-29.03	7.70-14.40	$< 7.70$
Module 5	$\geq 37.38$	29.84-37.37	14.76-29.83	7.21-14.75	$< 7.21$
Module 6	$\geq 37.34$	29.67-37.33	14.32-29.65	6.65-14.31	$< 6.65$

To achieve the final score as above, it is not necessary to obtain the corresponding score of each target. If the target is weak, it can be compensated by the results of other targets so that the total score achieved is not less than the minimum value of each category determined above.

In practical applications, we use the asymptotic method when classifying students according to the above calculation. For example, an indicator is somewhere between good and fair, if closer to a "good" level, the rating is Good - (Good Subtraction), if closer to a "pretty" level, the evaluation is Pretty + (Pretty Summation).

### 3.2 Building the standards to appreciate generally the physical strength level of intensive football male students at Duc Tri Da Nang College

The determination and evaluation of the physical strength level of intensive football male students at Duc Tri Da Nang College are conducted as follows:

**Step 1:** Conduct pedagogical tests, calculate points on a C-scale in each test

**Step 2:** Calculate the total score achieved in each student's tests

**Step 3:** Calculate  $\bar{x}$  and  $\sigma$  of the total score.

**Step 4:** The evaluation determines the total score achieved by students in 4 tests according to the modules with a maximum total score of 40 points and is assessed according to 5 levels presented in Table 1.

Comparing the achievement of the physical strength test before applying the test standards and the general evaluation standards of the physical strength level of Duc Tri Da Nang College of intensive Football students. The results are presented in Table 2.

**Table 2:** Results of comparing the physical strength level with the physical strength of the general evaluation standards according to the modules of the intensive football male students at Duc Tri Da Nang College

Module	Classification level									
	Good		Pretty		Average		Weak		Poor	
	n	%	n	%	N	%	n	%	n	%
Module 1 (n = 15)	0	0	3	20	9	60	3	20	0	0
Module 2 (n = 15)	0	0	5	33.33	7	46.67	3	20	0	0
Module 3 (n = 15)	0	0	3	20	8	53.33	4	26.67	0	0
Module 4 (n = 15)	0	0	4	26.67	8	53.33	3	20	0	0
Module 5 (n = 20)	0	0	4	20	13	65	3	15	0	0
Module 6 (n = 20)	0	0	4	20	12	60	4	20	0	0

The comparison results in Table 2 show that the physical strength level of students before applying the test is still limited, the results compared with the general evaluation standards are only 20% to 33.33% to achieve the grade pretty, 66.67% to 80% were at weak and average level, there were no good or bad ones.

### 3.3 The verification results in practice the standards have been built on the subject of study

From the above-mentioned research results, on the basis of

the criteria of assessing the fitness level of football students of Duc Tri College, Da Nang College has built, we have conducted the tests and the evaluation of the physical strength level of 50 football students in years 1, 2, and 3, after 1 year of implementing the test application of the topic selected. The test results are presented in Table 3.

The test results and analysis in the first 3 semesters of 2015-2016.

The test and the analysis results are presented in Table 3.

**Table 3:** The results of comparing the physical strength level of the subjects through the tests selected in the first 3 semesters of 2015-2016.

Comparative value	Long-jump (cm)	Running 60m (s)	Running 100m (s)	Running for 1.500 (minute)
t <sub>2-1</sub> (n <sub>1</sub> =n <sub>2</sub> = 15)	7.05	9.36	9.32	9.06
t <sub>3-2</sub> (n <sub>3</sub> =n <sub>2</sub> = 15)	2.51	12.12	3.61	3.46
t <sub>3-1</sub> (n <sub>1</sub> =n <sub>3</sub> = 15)	3.59	19.83	18.56	16.37

The test results and the analysis in the last 3 semesters of 2015-2016.

The test and the analysis results are presented in Table 4.

**Table 4:** The results of comparing the fitness level of the subjects through the tests selected in the last 3 semesters of 2015-2016.

Comparative value	Running 5x30m (gy)	Dribbling speed 30m (gy)	Dribbling the ball 30m to shoot CM (gy)	Running for 3.000 (phút)
T <sub>5-4</sub> (n <sub>4</sub> =15; n <sub>5</sub> = 20)	8.08	8.25	4.35	13.35
T <sub>5-6</sub> (n <sub>5</sub> =n <sub>6</sub> = 20)	9.45	8.40	5.77	9.24
t <sub>6-4</sub> (n <sub>4</sub> =15; n <sub>6</sub> = 20)	12.03	10.8	7.70	18.67

The results and the analysis of the test results of the classification of the physical strength after 1 year of applying the test standards according to the modules of the intensive

football male at Duc Tri Da Nang College

The test and the analysis results are presented in Table 5.

**Table 5:** The results of the classification of the physical strength level after 1 year of applying the test standards according to the modules of the intensive football male students at Duc Tri Da Nang College.

Module	Classification level									
	Good		Pretty		Average		Weak		Poor	
	n	%	n	%	n	%	n	%	N	%
Module 1 (n = 15)	9	60	3	20	3	20	0	0	0	0
Module 2 (n = 15)	9	60	6	40	0	0	0	0	0	0
Module 3 (n = 15)	7	46.67	8	53.33	0	0	0	0	0	0
Module 4 (n = 15)	2	13.33	9	60	4	26.67	0	0	0	0
Module 5 (n = 20)	4	20	12	60	4	20	0	0	0	0
Module 6 (n = 20)	4	20	10	50	6	30	0	0	0	0

In order to ensure the objectivity and efficiency of the process of the construction standards process of the evaluation of the physical strength level of intensive football male students in Duc Tri College. The topic compares the general test results of the classification of the intensive football students before and after the application of test standards. The comparison

results are presented in Table 6.

The above comparison and verification results show that the tests and standards that we have built are scientific and feasible to evaluate the physical strength level for intensive football male students of Duc Tri College in Da Nang.

**Table 6:** The result of comparative classification of the physical strength level before and after 1 year of applying the test standards according to the modules of the intensive football students of Duc Tri College in Da Nang.

Module		Classification level									
		Good		Pretty		Average		Weak		Poor	
		n	%	n	%	n	%	n	%	n	%
Module 1 (n = 15)	Before	0	0	3	20	9	60	3	20	0	0
	After	9	60	3	20	3	20	0	0	0	0
Increase/Decrease		9	60	0	0	-6	40	-3	20	0	0
Module 2 (n = 15)	Before	0	0	5	33.33	7	46.67	3	20	0	0
	After	9	60	6	40	0	0	0	0	0	0
Increase/Decrease		9	60	1	6.67	-7	46.67	-3	20	0	0
Module 3 (n = 15)	Before	0	0	3	20	8	53.33	4	26.67	0	0
	After	7	46.67	8	53.33	0	0	0	0	0	0
Increase/Decrease		7	46.67	5	33.33	-8	53.33	-4	26.67	0	0
Module 4 (n = 15)	Before	0	0	4	26.67	8	53.33	3	20	0	0
	After	2	13.33	9	60	4	26.67	0	0	0	0
Increase/Decrease		2	13.33	5	33.33	4	26.67	-3	20	0	0
Module 5 (n = 20)	Before	0	0	4	20	13	65	3	15	0	0
	After	4	20	12	60	4	20	0	0	0	0
Increase/Decrease		4	20	8	40	-9	45	-4	20	0	0
Module 6 (n = 20)	Before	0	0	4	20	12	60	4	20	0	0
	After	4	20	10	50	6	30	0	0	0	0
Increase/Decrease		4	20	6	30	-6	30	-4	20	0	0

Remark: From the research results, the topic has the following remarks:

- *Forte*: + The research results allow a comprehensive, accurate and objective evaluation of the physical strength level of Duc Tri College intensive football students.

+ The research results of the topic have built a score scale, classified the evaluated standards and the general assessment of the physical strength level of the intensive football students of Duc Tri College in Da Nang.

- *Defect*: Although these results have been achieved, in the process of addressing research goals and objectives, the topic has the following limitations:

+ Research methods: Psychological test methods, biomedical testing methods are not used in assessing the physical strength level of the study subjects (due to difficulties in the examination and evaluation process because this is a practice subject).

+ The new construction standards have only been tested during a school year, so the determination of effective performance of construction standards can not be confirmed.

#### **4. Conclusion**

The research process has identified 8 fitness assessments of Duc Tri Da Nang College intensive football students, at the same time, building a fitness evaluation scale and standard classification of research subjects according to the modules of the training process.

#### **5. References.**

1. Duong Nghiep Chi - Sports measurement – Sports Publishing, Hanoi, 1991.
2. Harre D. Coaching doctrine - Sports Publishing, Hanoi Translator: Truong Anh Tuan, Bui The Hien, 1996.
3. The document belongs to the training program for the objective football of Vietnam Football Federation - Focused football training program.
4. Pham Danh Ton - Theory and method of physical education - Sports Publishing, 1995.
5. Nguyen The Truyen, Nguyen Kim Minh, Tran Quoc Tuan. Initially assessing the training level and forming a model of young football athletes aged 15 - 17 in the National program on Sports - Research topics sports science - Institute of sports science, 2001.
6. Tran Quoc Tuan, Nguyen Minh Ngoc Test the level of practice for Football players - Information on sports science and technology - Institute of sports science - Hanoi 2000, 4.