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Building standards for assessing professional strength levels for male athletes in table tennis team of hanoi university of science and technology

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Abstract

The assessment of the professional strength levels of male athletes in table tennis team of Hanoi University of Science and Technology through training stages is necessary; the process of researching and selecting tests to assess the level of professional strength of male athletes in table tennis team of Hanoi University of Science and Technology, at the same time building assessment criteria of the selected tests for research subjects.

Keywords: Building, standards, training level, professional strength, male athletes, team, hanoi university of science and technology

1. Introduction

1.1 Question

The process of teaching, checking and assessing is considered an important and indispensable stage. This is because it not only implies the purpose of creating a driving force for the coaching process, but also contributes to improving the teaching quality of the coach.

The study of the professional strength of athletes in the Table Tennis team has been paid attention in researches by authors such as: Bui Huy Quang (1996), Vu Thai Hong (2002), Nguyen Hong Minh (2004), Ha Son Tung (2009) ... However, there has not been any study on professional strength assessment criteria for male athletes in table tennis team of Hanoi University of Technology.

Stemming from the above-mentioned reasons, on the basis of analyzing the meaning and importance of the issues to be studied, the study conducted building criteria for assessing professional strength levels for male athletes in table tennis team of Hanoi University of Science and Technology.

2. Research Methods

During the research, we use the following research methods: Method of analysis and synthesis of documents; Method of interview and discussion; Pedagogical observation method; pedagogical examination method; Pedagogical experiment method and statistical mathematics method.

3. Research Results

Through studying related documents, observing the exercises and referring to the selected topic, 14 tests to assess the professional strength levels of male athletes in Table Tennis team of Hanoi University of Science and Technology have been selected and interviews with 30 experts, officials and coaches in Table Tennis subject have been conducted.

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Table 1: Interview results on selecting criteria to assess the professional strength of male athletes in Table Tennis team of Hanoi University of Science and Technology (n=30)

No.	Classification	Criteria	Agree (number of people)	Ratio %
1	Physical strength tests group	30m standing start running (s)	22	73.3
2		Standing long jump (cm)	26	86.6
3		Single rope skipping 1 minute (times)	23	76.6
4		Throw shuttlecock faraway (m)	25	83.3
5		Hanging legs raise 30s (times)	18	60.0
6		Push up (maximum number of times)	20	66.6
7		Adam high jump 10s (times)	19	63.3
8	Techniques tests group	Move horizontally 4m–21 times (s)	25	83.3
9		Simulate move and forehand drive with iron racket 30s (times)	23	76.6
10		Fast forehand flick move from 2 points to 1 point in 1 minute (good balls)	26	86.6
11		Move horizontally, combine forehand and backhand drive in 3 minutes (times)	25	83.3
12		Drive on left table corner in 3 minutes (times)	23	76.6
13		Smash, move from 2 points to 1 point continuously (good balls)	19	63.3
14		Left push, dodge, right flick 30s (good balls)	20	66.6

Table 1 shows: 09 tests were selected, at the same time the informativeness and reliability of the tests were confirmed, we have selected 09 tests to assess the level of professional strength for male athletes in table tennis team of Hanoi University of Science and Technology including:

* Physical strength tests group:

1. 30m standing start running (s)
2. Standing long jump (cm)
3. Single rope skipping 1 minute (times)
4. Throw shuttlecock faraway (m)

* Technical test group:

5. Move horizontally 4m–21 times (s)
6. Simulate move and forehand drive with iron racket 30s (times)
7. Fast forehand flick move from 2 points to 1 point in 1 minute (good balls)
8. Move horizontally, combine forehand and backhand drive in 3 minutes (times)

9. Drive on left table corner in 3 minutes (times)

3.1 Develop classification criteria and scoreboard to assess the professional strength of male athletes in table tennis team of Hanoi University of Science and Technology.

In order to develop criteria for classification and scoreboard to assess the level of professional strength of male athletes in table tennis team of Hanoi University of Science and Technology; The topic uses the 2 δ rule to evaluate the test results of each criterion without having to conduct a synchronous and comprehensive test of all criteria, and at the same time convert all tests above to the intermediate measurement units according to the C scale (The scale is calculated from point 1 to 10) with the formula $C = 5 + 2Z$, for the tests that calculate achievement by time, we use the formula $C = 5 - 2Z$

Calculation results are presented in Tables 2 and 3.

Table 2: Classification criteria of the professional strength of male athletes in table tennis team of Hanoi University of Science and Technology

No.	Test	Classification				
		Good	Fair	Average	Weak	Poor
1	30m standing start running (s)	<4,44	4,45-4,66	4,67-5,08	5,09-4,45	>5,29
2	Standing long jump (cm)	>249,92	249,91-244,71	244,70-234,29	234,28-229,08	<229,07
3	Single rope skipping 1 minute (times)	<179,3	179,2-174,8	174,7-165,8	165,7-161,3	>161,2
4	Throw shuttlecock faraway (m)	<10,02	10,01-9,71	9,70-9,09	9,08-8,78	>8,77
5	Di chuyển ngang 4m–21 lần (s)	<164,2	164,1-160,0	159,9-151,6	151,7-147,4	>147,3
6	Move horizontally 4m–21 times (s)	<38,74	38,73-36,51	36,50-32,08	32,07-29,86	>29,87
7	Fast forehand flick move from 2 points to 1 point in 1 minute (good balls)	<37,54	37,53-35,53	35,52-31,51	31,50-29,5	>29,4
8	Move horizontally, combine forehand and backhand drive in 3 minutes (times)	<64,72	64,71-63,02	63,01-59,62	59,61-57,92	>57,91
9	Drive on left table corner in 3 minutes (times)	<166,72	166,71-160,51	160,50-148,09	148,08-141,88	>141,87

Table 3: Scoreboard to assess the professional strength of male athletes in table tennis team of Hanoi University of Science and Technology

No.	Test	Score									
		10	9	8	7	6	5	4	3	2	1
1	30m standing start running (s)	4,34	4,45	4,55	4,66	4,76	4,87	4,97	5,08	5,18	5,29
2	Standing long jump (cm)	253	250	247	245	242	240	237	234	232	229
3	Single rope skipping 1 minute (times)	182	179	177	175	173	170	168	166	164	161
4	Throw shuttlecock faraway (m)	10,02	9,86	9,71	9,55	9,4	9,24	9,09	8,93	8,78	8,62
5	Di chuyển ngang 4m–21 lần (s)	145,3	147,4	149,5	151,6	153,7	155,8	157,9	160	162,1	164,2
6	Move horizontally 4m–21 times (s)	40	39	38	37	35	34	33	32	31	30

7	Fast forehand flick move from 2 points to 1 point in 1 minute (good balls)	39	38	37	36	35	34	33	32	31	30
8	Move horizontally, combine forehand and backhand drive in 3 minutes (times)	66	65	64	63	62	61	60	59	58	57
9	Drive on left table corner in 3 minutes (times)	170	167	164	161	157	154	151	148	145	142

Tables 2 and 3 shows: The classification standards table and the assessment scoreboard of professional strength of male athletes in Table Tennis team of Hanoi University of Science and Technology are very convenient to use in assessing each criterion of the professional strength of the leg attack technique for the study subject.

3.2 Develop comprehensive scoreboard to assess the professional strength of male athletes in table tennis team of Hanoi University of Science and Technology.

From the results found in tables 2 and 3, we developed a comprehensive scoreboard to assess the physical strength of male athletes in table tennis team of Hanoi University of Science and Technology in 5 levels: Good, fair, average, weak and poor. The results are presented in Table 4

Table 4: Comprehensive standards to classify and assess the professional strength of male athletes in table tennis team of Hanoi University of Science and Technology

Classification	Score
Good	> 81
Fair	63 - 80
Average	45 - 62
Weak	36 - 44
Poor	< 35

Table 4 shows that, the assessment of the professional strength levels of male athletes in Table Tennis team of Hanoi University of Science and Technology is allowed, and this is also an important basis to help the coaches in selecting athletes and assessing the training process more closely, from there, make adjustments to the content and the amount of training accordingly.

4. Conclusion

- Through the study, 09 tests to assess the professional strength of male athletes in Table Tennis team of Hanoi University of Science and Technology were selected.
- We have built a classification table, a scoreboard and a comprehensive scoreboard to assess the professional strength of male athletes in Table Tennis team of Hanoi University of Science and Technology.

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