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Building standards for assessing the fitness and technical standards of the CAO bang province taekwondo athletes

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Abstract

Using conventional scientific research methods, 5 fitness assessment tests and 9 technical evaluation tests have been selected for female athletes from Cao Bang province's Taekwondo youth team. On that basis, the scorecards and classification criteria for physical and technical assessment were built for the research subjects.

Keywords: Current status, fitness, technique, young female athletes Taekwondo, Cao Bang

Introduction

Cao Bang is a province with a widely developed Taekwondo martial arts movement with many quality tournaments and tournaments held every year attracting many participants. Therefore, high-achievement sports are also interested by provincial and city leaders to facilitate development, in which Taekwondo is the key sport of the province.

Taekwondo is a direct fighting martial art, requiring athletes to have a lot of essential elements such as: Form, function, psychology, technique, tactics and physical strength... so there are many research works. on criteria for selecting athletes, standards for assessing training levels, standards for assessing physical qualities for many subjects of Taekwondo athletes of all ages and localities across the country such as: Nguyen Manh Hoa (2017), La Trong Nghia (in 2017), Tran Ngoc Son (in 2018)...

However, the studies focused on the assessment of professional fitness, physical fitness in general, the relationship between professional fitness and physiological development... of the factors mentioned above, physical strength and technique is the foundation, occupies a very important position and determines the achievement, and is also the premise for the development of the athlete's sports level. In order to ensure the training, the issue of assessing the athlete's training level in terms of physical strength and technique is a very important task, in order to determine the training effectiveness to promptly adjust the training process. Practice, but has not been studied in practice. Therefore, it is necessary to study and develop standards for assessing the physical and technical level of female athletes of the Taekwondo team in Cao Bang province during the training process.

Research Methods

The research process uses the following methods: Analysis and synthesis of documents; interviews, seminars; pedagogical observation; pedagogical examination and mathematical statistics.

The study was conducted on 18 female Taekwondo athletes of Cao Bang province. Athletes have been practicing Taekwondo for 2-3 years.

Results and Discussion

1. Selecting a test to assess physical fitness and technique for female athletes of Cao Bang province's Taekwondo youth team

Conducted selection of tests through reference to documents, pedagogical observations, interviews with national Taekwondo coaches and referees, two interviews with the same subject, and selection of tests with over 80% opinions. Select frequently used, and determine the informability and reliability of the tests. As a result, 14 tests were selected that met the requirements to be included in the physical and technical test of female athletes of Cao Bang province's Taekwondo team with sufficient science, including:

Physical fitness test

Test 1. Displacement in place (cm)

Test 2. Lie on your back with sit-ups for 30 seconds (times)

Test 3. Lie about to do 20 seconds push-ups (times)

Test 4. Run 800m (seconds)

Test 5. Single 60s jump rope (times)

Technical assessment test:

Test 6. Straight punches with two hands continuously on ramllly for 10 seconds (times)

Test 7. Kick the front foot into the ramllly 10 seconds - right foot (times)

Test 8. Kick one foot in front of ram-llly 10 seconds - left foot (times)

Test 9. Kicking the ball into the ramllly with two feet at a distance of 2m for 30 seconds (times)

Test 10. Round kick + split kick 10 seconds – right foot

(times)

Test 11. Kick round + split kick 10 seconds – left foot (times)

Test 12. Crossing front foot into ramllly 10 seconds – right foot (times)

Test 13. Crossing front foot into ramllly 10 seconds – left foot (times)

Test 14. One-handed hook punch first - Football after 30 seconds (times)

2. Developing standards to assess the physical and technical level of female athletes of Cao Bang province's Taekwondo team

In order to develop standards for assessing the physical and technical level of female athletes of Cao Bang province's Taekwondo team, we converted the test results to C scale.

In fact, the results of the pedagogical examination of the physical and technical tests are calculated in units of "times", so it cannot be less than 1 unit, so we have to round the numbers when we make the whole scale. following switch:

- If the decimal number after the calculated integer is < 0.5 (from 0.1 to 0.49), then.
- If the decimal number after the calculated integer is ≥ 0.5 (from 0.5 to 0.99), then round to 1.

The scale for assessing the physical and technical level of female athletes is presented in Table 1.

Table 1: Scoring scale for assessing physical and technical level of female athletes of Cao Bang province's Taekwondo team

Test	Point									
	1	2	3	4	5	6	7	8	9	10
Physical fitness test										
Test 1	182	183	187	188	192	191	194	196	200	205
Test 2	36	35	38	38	40	42	41	43	46	45
Test 3	9	10	14	15	16	21	22	25	26	30
Test 4	117	123	130	136	143	150	156	163	170	176
Test 5	214	208	205	201	194	197	190	186	182	178
Technical assessment test										
Test 6	33	34	36	38	40	42	43	45	47	49
Test 7	15	16	17	18	19	20	20	21	22	23
Test 8	16	17	18	18	19	20	20	21	22	23
Test 9	31	32	33	34	35	36	37	38	39	40
Test10	7	7	7	8	8	9	9	9	10	10
Test 11	7	8	8	8	9	9	10	10	11	11
Test 12	14	14	15	16	16	17	18	18	19	20
Test 13	13	13	14	15	16	17	18	19	20	21
Test 14	10	10	11	12	12	13	14	14	15	15

Accurate assessment of body Force and technique are conditions prerequisite to influence the appropriate and effective measures fruit for physical development and technique for athletes

From the above steps, through the scale levels will be the basis for making a standard table to classify each factor and a

general rating scale for the physical and technical factors of athletes. The total number of tests created and graded includes 14 tests, corresponding to a maximum total score of 140 points. The classification by each factor is also classified according to 5 levels, (table 2).

Table 2: Scoreboard classifying each group of indicators and assessing the overall physical and technical level of female athletes of Cao Bang Taekwondo Team

Order	Classification level	Physical test (5 test)	Technical test (9 test)	Synthetic
1	Good	40 – 50	80 – 90	120 – 140
2	Enough	30 – 39	60 – 79	90 – 118
3	Medium	20 – 29	40 – 59	60 – 88
4	Weak	10 – 19	20 – 39	30 – 58
5	Least	0 - 9	0 - 19	0 - 29

Table 2 shows that the physical and technical level of female Taekwondo athletes is not just a single ability but a combination of physical qualities and constituent techniques. Therefore, in order to properly assess the nature of physical and technical levels, there needs to be an integrated assessment standard. We have developed a composite classification standard for each factor (fitness and technique). By this method, it is possible to evaluate each test, and to evaluate the overall physical and technical qualities of athletes.

Conclusion

Through the study, 14 tests were selected to assess the physical fitness and technique of female athletes of the Cao Bang Taekwondo team, including: 5 fitness tests, 9 technical tests. Building a C-scale scoreboard, a general grading scoreboard and classifying according to groups of physical and technical indicators.

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