European Journal of Physical Education and Sport Science
ISSN: 2501 - 1235
ISSN-L: 2501 - 1235
Available on-line at: www.oapub.org/edu

DOI: 10.46827/ejpe.v8i3.4304 Volume 8 | Issue 3 | 2022

EVALUATION OF THE PROFESSIONAL PHYSICAL DEVELOPMENT OF MALE ATHLETES AGED 15-16 FROM THE MUAY TEAM IN DISTRICT 2, HOCHIMINH CITY, VIETNAM[i]

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Abstract:
Evaluation of the training effectiveness of the men's Muay team in District 2, Ho Chi Minh City, aged 15-16 through the development of professional fitness; contribute to improving training efficiency and competition performance at tournaments. After one year of practice, all tests have grown at the threshold of probability P<0.05.

Keywords: evaluation, professional physical, development, male athletes, Muay, Hochiminh City

Tóm tắt:
Nghiên cứu này nhằm đánh giá hiệu quả tập luyện của đội tuyển Muay nam Quận 2, Thành phố Hồ Chí Minh lứa tuổi 15-16 qua công tác phát triển thể lực chuyên môn, từ đó góp phần nâng cao hiệu quả tập luyện và thành tích thi đấu tại các giải đấu. Sau một năm thực nghiệm cho thấy, tất cả các test đều phát triển ở ngưỡng xác suất P <0,05.

Từ khóa: đánh giá, thể chất chuyên môn, phát triển, vận động viên nam, Muay, Thành phố Hồ Chí Minh

1. Introduction

Muay Thai (Thai: มวยไทย, pronounced like Mui Thai in Vietnamese). Muay Thai is considered the official national sport of the Thai people and is known as "Thai Freedom", a martial art that is considered extremely pragmatic in its fierce, fierce freestyle fighting style. paralyzed and very powerful. Muay is suitable for the physical condition and fighting style of the Vietnamese people because it has many similarities with Vovinam

[i] ĐÁNH GIÁ SỰ PHÁT TRIỂN THỂ LỰC CHUYÊN MÔN CỦA NAM VẬN ĐỘNG VIÊN ĐỘI MUAY LỨA TUỔI 15-16 TUỔI QUẬN 2, THÀNH PHỐ HỒ CHÍ MINH, VIỆT NAM
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and Traditional Martial Arts, so the practice movement developed very quickly and spread. In order to achieve good performance, the element of professional fitness is an issue that cannot be overlooked in training. To find out about this issue, the following research is conducted: "Evaluation of the Professional Physical Development of Male Athletes Aged 15-16 from the Muay Team in District 2, Hochiminh City, Vietnam".

2. Research Methods

In the research process, methods of analyzing and synthesizing documents, interview methods, pedagogical testing methods, and statistical methods were used.

3. Results and Discussion

3.1 Selection and identification of tests to assess the professional fitness level of male athletes from the Muay team in District 2, HCMC, aged 15-16

Through the steps of documenting the systematization of tests, interviewing experts and testing the reliability of selected tests, the study selected 10 tests to evaluate professional fitness. The research that selects the tests with 75% or more selected opinions is presented in Table 1.

Table 1: Interview results of tests to assess professional fitness of male athletes of the Muay team in District 2, Ho Chi Minh City, aged 15-16

No	Test	1st Time		2nd Time	
		Number of votes in favor	%	Number of votes in favor	%
	Tests of professional fitness				
1	Straight punch with 2 hands 10s (times)	20	80%	20	80%
2	Crossbow with 2 hands 10s (times)	25	100%	25	100%
3	Kicking the bridge with 2 legs 10s (times)	25	100%	25	100%
4	Kicking the arch with the right foot 10s (times)	19	76%	19	76%
5	Straight kick in front of 2 legs 30s (times)	22	88%	22	88%
6	Breaking the right foot pillar 10s (times)	22	88%	22	88%
7	Breaking two legs for 30s (times)	23	92%	23	92%
8	The right leg straight knee 10s (times)	19	76%	19	76%
9	Straight pillow with two legs 30s (times)	20	80%	20	80%
10	The combination of two-handed punches and one-leg kicks in 30 seconds (times)	22	88%	22	88%
11	Cross kick with dominant foot 30s (times)	15	60%	15	60%
12	Two-handed straight punch 30s (times)	10	40%	10	40%
13	Crossbow with 2 hands 30s (times)	15	60%	15	60%
14	Kicking with two legs 30s (times)	11	44%	11	44%

The above tests were selected to test the professional fitness of male athletes of the Muay team in District 2, Ho Chi Minh City, aged 15-16, after testing to determine the reliability and appropriate noticeability, they were selected 10 tests.

- Test 1: Straight punch with 2 hands 10s (times) got 20/25 votes, accounting for 80%.
- Test 2: Crossbow with 2 hands 10s (times) got 25/25 votes, accounting for 100%.
- Test 3: Kicking the bridge with 2 legs 10s (times) got 25/25 votes, accounting for 100%
- Test 4: Kicking the arch with the right foot 10s (times) got 19/25 votes, accounting for 76%.
- Test 5: Straight kick in front of 2 legs 30s (times) got 22/25 votes, accounting for 88%.
- Test 6: Breaking the right foot pillar 10s (times) got 22/25 votes, accounting for 88%.
- Test 7: Breaking two legs for 30s (times) got 23/25 votes, accounting for 92%.
- Test 8: The right leg straight knee 10s (times) got 19/25 votes, accounting for 76%.
- Test 9: Straight pillow with two legs 30s (times) got 20/25 votes, accounting for 80%
- Test 10: The combination of two-handed punches and one-leg kicks in 30 seconds (times) got 22/25 votes, accounting for 88%.

3.2 Evaluation of the professional physical development of male athletes from the Muay team in District 2, HCMC, aged 15-16

After 1 year of training, the development of professional fitness was assessed through mean, standard deviation, t of 2 tests and rate of development (S. Brondy) presented in Table 2.

The results obtained in Table 2 show that: The results of the tests to assess the development of professional physical fitness of male athletes from the Muay team in District 2, Ho Chi Minh City at the age of 15-16 after one year of training have the increase was statistically significant at the threshold of probability $P < 0.05$. As follows:

- Straight punch with 2 hands 10s (times). The average achievement of Double-handed straight punch 10s (sl) has improved, increased from 14 to 15, has a growth rate of W% = 6.9%, there is a statistically significant difference at the probability threshold corresponding to $P < 0.05$, because $t = 2.28 > t0.05 = 2.201$.
- Crossbow with 2 hands 10s (times): The average achievement value for both hands in 10s (sl) has improved, increased from 16 to 17, has a growth rate of W% = 6.0%, there is a statistically significant difference at the probability threshold corresponding to $P < 0.05$, because $t = 2.21 > t0.05 = 2.201$.
- Kicking the bridge with 2 legs 10s (times): The average achievement value of Badminton kick 10s (sl) has improved, increased from 14 to 15, has a growth rate of W% = 6.9%, there is a statistically significant difference at the threshold of application probability. with $P < 0.05$, because $t = 2.29 > t0.05 = 2.201$.
- Kicking the arch with the right foot 10s (times): The average performance value of 10s (sl) archery kick has improved, increased from 16 to 17, has a growth rate of

W% = 6.0%, there is a statistically significant difference at the threshold of response probability. with P < 0.05, because t = 2.28 > t0.05 = 2.201.

- Straight kick in front of 2 legs 30s (times): The average achievement value of Kicking straight in front of 2 feet 30s (sl) has improved, increased from 12 to 14, has a growth rate of W% = 15.0%, there is a statistically significant difference in the probability threshold corresponding to P < 0.05, because t = 2.21 > t0.05 = 2.201.
- Breaking the right foot pillar 10s (times): The average achievement of breaking the dominant foot in 10s (sl) has improved, increased from 12 to 13, with a growth rate of W% = 8%, there is a statistically significant difference in the probability threshold corresponding to P < 0.05, because t = 2.28 > t0.05 = 2.201.
- Breaking two legs for 30s (times): The average achievement of Breaking 2 legs 30s (sl) has improved, increased from 17 to 18, has a growth rate of W% = 5.71%, there is a statistically significant difference in the probability threshold corresponding to P < 0.05, because t = 2.289 > t0.05 = 2.201.
- The right leg straight knee 10s (times): The average achievement score of 10s (sl) has improved, increased from 15 to 16, has a growth rate of W% = 6.4%, there is a statistically significant difference at the probability threshold corresponding to P < 0.05, because t = 2.28 > t0.05 = 2.201.
- Straight pillow with two legs 30s (times): The average achievement score of 2 legs straight knee 30s (sl) has improved, increased from 24 to 26, has a growth rate of W% = 8%, there is a statistically significant difference in the probability threshold corresponding to P < 0.05, because t = 2.29 > t0.05 = 2.201.
- The combination of two-handed punches and one-leg kicks in 30 seconds (times): The average achievement value the combination of two-handed punching and one-leg kicking in 30s (sl) has improved, increased from 37 to 38, has a growth rate of W% = 2.67% has a statistically significant difference at the threshold probability corresponding to P < 0.05, because t = 2.29 > t0.05 = 2.201.

Table 2: Development of professional fitness of male Muay athletes aged 15-16 in District 2 after 1 year of training

No	Test	Initial Check			After 1 year of training			t	W%	P
		$\bar{x}_1$	± S1	Cv1%	$\bar{x}_1$	± S2	Cv2%			
1	Straight punch with 2 hands 10s (times)	14	1.3	9.6	15	1.4	9.6	2.28	6.9	<0.05
2	Crossbow with 2 hands 10s (times)	16	1.2	7.7	17	1.2	7.1	2.21	6.0	<0.05
3	Kicking the bridge with 2 legs 10s (times)	14	1.8	13.	15	1.5	10.	2.29	6.9	<0.05
4	Kicking the arch with the right foot 10s (times)	16	1.1	7.3	17	0.8	4.7	2.28	6.0	<0.05
5	Straight kick in front of 2 legs 30s (times)	12	1.0	8.3	14	0.9	6.7	2.21	15.	<0.05

6	Breaking the right foot pillar 10s (times)	12	1.1	9.4	13	1.2	9.3	2.28	8	<0.05
7	Breaking two legs for 30s (times)	17	1.1	6.6	18	1.0	5.6	2.28	5.7	<0.05
8	The right leg straight knee 10s (times)	15	1.0	6.6	16	1.1	6.8	2.28	6.4	<0.05
9	Straight pillow with two legs 30s (times)	24	1.3	5.4	26	1.3	4.9	2.29	8.0	<0.05
10	The combination of two-handed punches and one-leg kicks in 30 seconds (times)	37	1.1	3.1	38	0.9	2.4	2.29	2.67	<0.05

Thus, after a year of training, the average value of 10/10 professional fitness tests of male Muay athletes aged 15-16, District 2, Ho Chi Minh City all had good growth. The mean growth has a significant difference at the probability threshold $P < 0.05$, because both have $t > t0.05 > 2.201$.

4. Conclusion

Through the study, 10 selected tests were selected to assess professional fitness for male athletes aged 15-16 Muay in District 2, Ho Chi Minh City. After a year of professional physical training, the most outstanding development was the Test of Straight kicks in front of 2 legs 30s/time with a growth rate of 15.38% and the lowest was the Test of Combined punching with two hands and kicking with one leg 30s/ times with a growth rate of 2.67%.

Conflict of Interest Statement

The authors declare no conflicts of interests.

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