

# Standard Construction to Assess the Professional Fitness Level of Male Athletes Freestyle Wrestling Age 15 - 16, Dong Nai Province

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**Abstract:** Using basic research methods: synthesis and analysis of documents, interviews, pedagogical tests, mathematical statistics; research, select criteria and build a scoreboard to assess the professional fitness level of male freestyle wrestlers aged 15 - 16 in Dong Nai province; contribute to improving training efficiency and competition performance at the national tournament.

**Keywords:** Construction, Standard, assess, professional fitness, level, male athletes, Freestyle wrestling, Age 15 - 16, Dong Nai province

## 1. Introduction

Dong Nai is a province in the Southeast region, so far, the athlete force has focused a lot on achievements in a number of subjects such as Vovinam, Karatedo, Bodybuilding, etc. Freestyle wrestling was established in 2015 alone. has also been receiving the attention of the provincial leaders with the first athletes to bring home medals at national tournaments. Currently, many male athletes with good technical skills promise to be the future pillars of the Dong Nai team on the way to achieving the top position. In sports competition, the performance of athletes depends a lot on professional physical factors. That's why I chose to study: "Standard construction to assess the professional fitness level of male athletes Freestyle wrestling Age 15 - 16, Dong Nai province".

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

## 2. Research Results and Discussion

### 2.1 Selection of test to assess the professional fitness level of male freestyle wrestlers aged 15 - 16, Dong Nai province

Through the steps of documenting systematization of tests, interviewing experts and testing the reliability of selected tests, the study selected 10 tests to evaluate professional

fitness, these tests have Scientificity, objectivity to ensure reliability to assess the professional fitness level of male freestyle wrestlers aged 15 - 16 in Dong Nai province are presented in Table 1.

**Table 1:** Tests to assess the professional fitness of male athletes Freestyle wrestling Age 15 - 16 Dong Nai province

		TEST
professional fitness		The rear bridge takes a 30s (times)
		Bounce reflex 15s (times)
		Tremendous with the same weight 30s (times)
		Double carrywith equal weight 30s (times)
		Ribs with the same weight 30s (times)
		Wrestling with the same weight 30s (times)
		Kick back with the same weight 30s (times)
		Turn on the maximum bridge (times)
		Rainbow rotate max (times)
		Maximum escape on the spot (times)

### 2.2. Developing a scoreboard to assess the professional fitness level of male athletes Freestyle wrestling Age 15 - 16, Dong Nai province

The study conducted to build a scoreboard to assess the professional fitness level of male freestyle wrestlers aged 15 - 16 in Dong Nai province on a C scale. After setting up the test, the determination of the achieved score was carried out. by: comparing the results of the indexing of the criteria to be looked up into the table just drawn to determine the achieved score of that indicator presented in Tables 2 and 3.

**Table 2:** Scale of test scores to assess the professional fitness level of male athletes Freestyle wrestling Age 15 - 16, Dong Nai province

No	TEST	Thang điểm										
		0	1	2	3	4	5	6	7	8	9	10
1	The rear bridge takes a 30s (times)	9	10	11	12	13	14	15	16	17	18	19
2	Bounce reflex 15s (times)	11	12	13	14	15	16	17	18	19	20	21
3	Tremendous with the same weight 30s (times)	9	10	11	12	13	14	15	16	17	18	19
4	Double carrywith equal weight 30s (times)	11	12	13	14	15	16	17	18	19	20	21
5	Ribs with the same weight 30s (times)	7	8	9	10	11	12	13	14	15	16	17
6	Wrestling with the same weight 30s (times)	7	8	9	10	11	12	13	14	15	16	17
7	Kick back with the same weight 30s (times)	12	13	14	15	16	17	18	19	20	21	22
8	Turn on the maximum bridge (times)	10	11	12	13	14	15	16	17	18	19	20
9	Rainbow rotate max (times)	19	20	21	22	23	24	25	26	27	28	29
10	Maximum escape on the spot (times)	32	33	34	35	36	37	38	39	40	41	42

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**Table 3:** Classification of each indicator to assess the professional fitness level of young male freestyle wrestlers 15 - 16 years old

No	Rating	Score
1	Excellence	9.0 – 10.0
2	Good	7.0 - < 9.0
3	Average	5.0 - < 7.0
4	Weak	3.0 - < 5.0
5	Poor	0.0 - < 3.0

### 2.3. Developing standards to assess the professional fitness level of male athletes Freestyle wrestling Age 15 - 16 Dong Nai province

From the results obtained in Tables 2 and 3, it helps to evaluate the specific performance of each athlete's test, but the total level of professional fitness has not been evaluated; To solve this problem, the study conducted to develop standards to assess the professional fitness level of male freestyle wrestlers aged 15 - 16 in Dong Nai province on a scale of 100, with 5 levels: Good, good, moderate, weak and poor, the results are presented in table 4.

**Table 4:** General classification of professional fitness levels of male freestyle wrestlers Age 15 - 16, Dong Nai province

General classification	Total score
Excellence	90 – 100
Good	70 - < 90
Average	50 - < 70
Weak	30 - < 50
Poor	0 - < 30

This standard table allows to evaluate the general physical fitness of male freestyle wrestlers aged 15 - 16 in Dong Nai province, and this is also an important basis to help coaches in the selection of athletes. and evaluate the training process more realistically. From there, there are adjustments to the content, form and amount of training exercise accordingly.

### 3. Conclusion

Through the study, 10 selected tests were selected to assess professional fitness for male freestyle wrestlers aged 15 - 16 years old in Dong Nai province. Through the research process, a classification table, a score scale and a summary scoreboard to assess the professional fitness level of male freestyle wrestlers aged 15 - 16 years have been built in Dong Nai province.

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