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Choice and application of professional capacity development exercises to the students of the volleyball's major of Da Nang University of physical training and sports

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Abstract

Using basic scientific research methods, we have selected 24 professional capacity development exercises and 10 test qualification tests with sufficient reliability, informing students for the first-year students and the second - year of Da Nang University of physical training and sports.

Keywords: Exercise, professional force, volleyball, Da Nang University of physical training and sports

Introduction

The question: The development of professional capacity is the basis platform to absorb and grasp volleyball techniques, thereby utilizing volleyball tactics and creatively in competition. In other words, effective reception and use of a volleyball, volleyball strategy can only be carried out on the general basis of (TLC) and (TLCM) professional forces.

The issue about TLCM of students' research on volleyball students has been very interested in such as researcher: Dinh Van Lam (1994, 1999); Ngo Trung Luong, Phan Hong Minh (1965); Phan Hong Minh; Nguyen Thanh Lam, Tran DUC Phan (1997) [6]. However, through the study of documents, there is no work deep into research, selecting the system of exercises to develop the professional capacity for volleyball students. To come from the above issues, to contribute to improving the quality of the teaching of volleyball to students, gradually improving the efficiency of teaching in schools, we do: selection and application of professional capacity development exercises to the second year and the second year of Da Nang University of physical training and sports.

Research method

In the process of research, we use the following methods of research: analysis and synthesis of documents; methods of interview and discussion; pedagogical methods; pedagogical methods; pedagogical methods, and statistical methods.

Research results

Select professional capacity development exercises and test professional qualification levels for students majoring in soccer volleyball students.

Select exercise

Selection of professional capacity development exercises for students of volleyball's major of Nang University of physical training and sports by some steps:

To choose from direct interviews with experts, teachers, coaches

To select a broad interview with a questionnaire

To select a broad interview with a questionnaire

The results of the selection of 24 - capacity development exercises for research subjects include:

- Group of development exercise (05 exercises)
- Group of power development exercises (06 exercises)

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- Group of strength development exercises (06 exercises)
- Group of ability to coordinate development exercises (07 exercises)

Test choice

Conduct selection of test standards for professional capacity for students of volleyball's major of Nang University of physical training and sports by some steps:

- To opt - into reference materials, to observe pedagogy
- To choose from direct interviews with experts, teachers, coaches
- To select a broad interview with a questionnaire
- Identify test notifications
- Determine test reliability.

The results of the selection of 10 qualification levels for the students of the volleyball industry include

Test 1: run 9 - 3 - 6 - 3 - 9 (s).

Test 2: enable with (cm).

Test 3: run (s).

Test 4: tumble into the running of a stuffed ball with two hands through the (s) net.

Test 5: turn on (cm).

Test 6: turn high with a leg (cm).

Test 7: fold the stomach with ladder 10 s (times).

Test 8: throw the stuffed (1 kg) with a hand longly (m).

Test 9: jump 2 minutes (times).

Test 10: Total test (times).

Application of professional capacity development exercises to students of volleyball's major of Nang University of physical training and sports

Experimental organization

- Experimental method: comparative experimentation
- Experimental time: experiment conducted in three months with a semester, two on the khóa 17h30 period to 7: 00 p. m. on Tuesday and 5th in a week), time for each 15 - to 20 - minute workout.
- Experimental objects: 20 volleyball students and are divided into two groups by random:
 - + Group 1 (call a group of experimental): 10 students who practice 24 exercises we have chosen.
 - + Group 2 (gọi is a group of control): 10 students in old exercises at school, according to the program, the curriculum has been built by volleyball
- Experimental Location: Da Nang University of physical training and sports.
- The experimental process is shown in table 1.

Table 1: Experimental process

Task	Week											
	1	2	3	4	5	6	7	8	9	10	11	12
T1	x	x		x	x	x		x	x	x		x
T2	x		x		x		x		x		x	
T3		x		x	x	x		x		x		x
T4	x	x		x		x		x	x	x		x
T5	x		x		x	x	x		x		x	
T6		x		x	x	x		x		x		x
T7	x	x		x		x		x	x	x		x
T8	x		x		x		x		x		x	
T9		x		x	x	x		x		x		x
T10	x	x		x		x		x	x	x		x
T11	x		x		x	x	x		x		x	
T12		x		x	x	x		x		x		x
T13	x	x		x		x		x	x	x		x
T14	x		x		x		x		x		x	
T15	x	x		x		x		x	x	x		x
T16	x		x		x	x	x		x		x	
T17		x		x	x	x		x		x		x
T18	x	x		x		x		x	x	x		x
T19	x		x		x		x		x		x	
T120		x		x	x	x		x		x		x
T121	x	x		x		x		x	x	x		x
T122	x		x		x	x	x		x		x	
T123		x		x	x	x		x		x		x
T124	x	x		x		x		x	x	x		x

Note:

* The development exercise group (5 exercises)

Exercise 1: run tuberculosis and run speed from different prepared positions (sit down, lie, stand up), according to observation signals.

Exercise 2: hold back the ball at numbers 3 and 4 (2).

Exercise 3: hit the ball continuously at 4 (3 - 2), after touching the ground quickly.

Exercise 4: batting sequence 3 - 4, each defense in position 6 and 1.

Exercise 5: hit the ball at 4 (2) with a collective ping - pong layout; the defense operator is at the position of 1 (5) and covers after the barrier.

* Group of power development exercises (06 exercises)

Exercise 6: a few episodes with ante dumb-bell (3 kg).

Exercise 7: pass, throw the ball, 5 - 1kg).

Exercise 8: stand where or turn on a strong ball.

Exercise 9: perform the rotation of the body while carrying weight.

Exercise 10: load the weight on your shoulder and sit down with a weight of 50 - 70% weight.

Exercise 11: load the weight of the weight by weight of physical weight on the jump, switch leg change, or mobile in advance.

* Group of strength development exercises (06 exercises)

Exercise 12: run the space shuttle to the attack line and cross

the border.

Exercise 13: hit the ball in the 4 position 4 (3, 2) with the exercise 5 times in 20 seconds.

Exercise 14: defensive activities by defense (a person defends, ones hits a ball).

Exercise 15: take 20 pounds on the shoulder on the dance stage with a minute of time.

Exercise 16: turn on the jump on the 80 - 100 cm stand/ a minute.

Exercise 17: keep the ball constant in positions 2, 3, 4 with 2 minutes.

*** Group of ability to coordinate development exercises (07 exercises)**

Exercise 18: squatting from a squatting position, leaning against the HQP movement.

Exercise 19: pose the position of the dynamic, Lao people in front of the land by hand - chest - stomach.

Exercise 20: plunge the people over the shoulder; plunge the people make the move do the opposite.

Exercise 21: turn on dance with an alternate leg from the leg to the other, combined with the positive jump of the foot.

Exercise 22: simulation of shadows, hit the ball with turning around in the air 90', 180'.

Exercise 23: turn on dance on the web on a combination of rotation of people around vertical axis, horizontal and simulation of separate technical movements.

Exercise 24: hit the ball with your bare hands.

1. Results of application of professional capacity development exercises to Vietnamese of Volleyball's

major of Da Nang University of physical training and sports.

Before the experiment, we used 10 tests selected in section 1 to test and compare the variation in the professional capacity of the experimental team and the contrast. The results show: pre - qualification, physical level of the experimental group and the absence of statistically significant differences. In other words, the physical level of the two experimental groups and the equivalent of each other, which means complete objectivity. After three months of experimentation, we continue to use 10 tests of the subject's choice to test the physical capacity of the experimental group and compare the differences in inspection results. The results show: after three months of experimental, the test results of two experimental groups and a significant difference has been made, the team has better test results than the confronting group ($p < 0.05$). This shows that the exercises that we have chosen to take the first step of developing a professional capacity for boy students in the first year and the second year in Volleyball's major of Da Nang University of physical training and sports are better than the normal exercises in Da Nang University of physical training and sports.

To see the difference in the results of the test growth of the team and the following three months of the application of the exercise and progress of the project, we conducted a comparison of the growth rate of the team and experiment. The results are presented in chart 1.

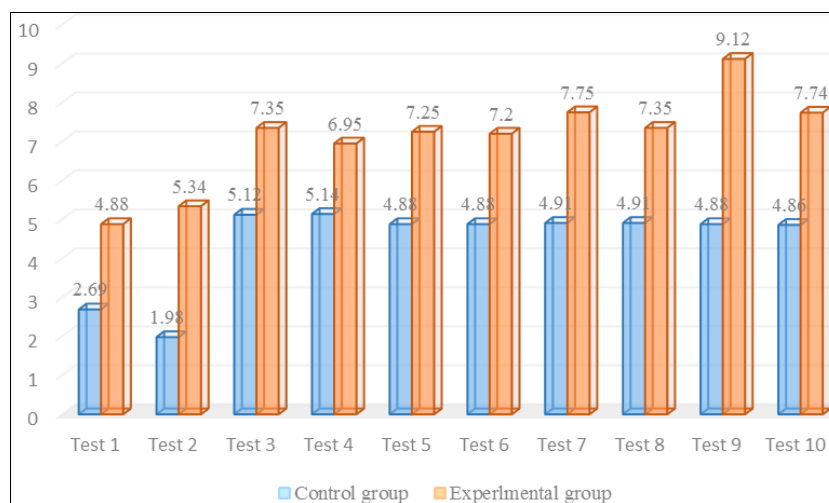


Chart 1: The capacity of the team's specialized physical and experimental capacity is the following 3 months

Through graph 1 shows: after three months of experimentation, the test growth rate of the experimental group is better than the team in all tests. Thus, through the empirical experience that the application of exercises to develop TLCM is completely appropriate and capable of improving the capacity of TLCM students for the first year and the second year of training in Da Nang University of physical training and sports. After 12 weeks with the total number of 24 sessions, along with the use of 24 selected exercises fully capable of developing TLCM for the first year and the second year of Da Nang University of physical training and sports.

Conclusion

1. The research results have selected 10 tests of qualification level for subjects of research and use of sufficient reliability and use.

2. The selected topic has been selected 24 exercises and proves the effectiveness of these exercises in improving the level of professional physical strength for the first year and the second year of training in Da Nang University of physical training and sports, which clearly shows the following test results. Specific these exercises combine:

- Group of development exercise (05 exercises)
- Group of power development exercises (06 exercises)
- Group of strength development exercises (06 exercises)
- Group of ability to coordinate development exercises (07 exercises)

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