

ABSTRACT OF THE DOCTORAL THESIS

Thesis title: *Research on specialized physical fitness training exercises for female freestyle wrestlers aged 14-15.*

Name industry: Education; Code industry: 9140101

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SUMMARY OF CONTENTS

1. Research objectives and subjects.

Research Objective: Based on theoretical and practical research on specialized physical fitness for freestyle wrestling athletes, this study aims to select and apply exercises to develop specialized physical fitness for female freestyle wrestling athletes aged 14-15. This serves as a basis for training to improve physical fitness, training level, and competition performance for female freestyle wrestling athletes aged 14-15, thereby contributing to improving the quality and effectiveness of training female freestyle wrestling athletes in general and female freestyle wrestling athletes aged 14-15 in particular.

2. Research methods used.

Methods of document analysis and synthesis

Interview and discussion method

Pedagogical testing method

Psychological testing method

Biomedical testing method

Mathematical and statistical methods

3. Main Results and Conclusions.

1. The thesis presents 14 tests and develops standards for evaluating the physical fitness level of female freestyle wrestlers aged 14-15. The assessment of the physical fitness level of the research subjects shows that the majority of female athletes in both age groups (14 and 15) have a "Medium" fitness rating (41.18% in the 14 age group and 50.0% in the 15 age group), with a low percentage of

those rated "Good" and "Excellent" (7.14%, 35.71%). At the same time, athletes with a "Weak" fitness rating account for a relatively high percentage (17.65% in the 14 age group and 12.50% in the 15 age group).

2. The thesis identified 70 exercises to develop the physical fitness of female freestyle wrestlers aged 14-15. Simultaneously, it developed a training plan and applied these exercises to the practical training of female freestyle wrestlers aged 14-15. Through 12 months of experimentation, the effectiveness of the selected exercises in developing the physical fitness of female freestyle wrestlers aged 14-15 was demonstrated, as evidenced by statistically significant differences in physical fitness test results and psychological and physiological abilities between the experimental group and the control group.

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