

## INFORMATION ON NEW CONTRIBUTIONS OF THE THESIS

### A. PERSONAL INFORMATION

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

Major: Education; Major code: 9140101

Name of PhD student: : **Ta Dinh Duc**

Full name of instructors: 1. Assoc. Prof. PhD. Pham Dong Duc

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### B. THE NEW CONTRIBUTIONS OF THE DISSERTATION

- The study selected 14 tests and developed standards for evaluating the physical fitness level of female freestyle wrestlers aged 14-15. The assessment of the subjects' physical fitness level showed that the majority of female wrestlers in both age groups (14 and 15) had 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, a relatively high percentage of wrestlers were rated "Weak" (17.65% in the 14 age group and 12.50% in the 15 age group).

- The thesis identified 70 exercises to develop physical fitness qualities for female freestyle wrestlers aged 14-15, belonging to 5 groups:

Group of exercises to develop speed: 14 exercises.

Group of exercises to develop strength: 21 exercises.

Group of exercises to develop endurance: 19 exercises.

Group of exercises to develop flexibility and motor coordination: 7 exercises.

Group of competition exercises: 9 exercises.

Simultaneously, a training plan was developed, applying the above exercises to the practical training of female freestyle wrestling athletes aged 14-15. Over 12 months of experimentation, the effectiveness of the selected exercises in developing the physical fitness level of female freestyle wrestling athletes aged 14-15 was demonstrated by statistically significant differences in physical fitness test results and psychological and physiological abilities between the experimental group and the control group.

Hanoi, December 1st, 2025

**PhD student**

**Ta Dinh Duc**