

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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Training institution: **Vietnam Institute of Culture, Arts, Sports and Tourism.**

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