

ABSTRACT OF THE DOCTORAL THESIS

Thesis title: *Establishing standards for evaluating the physical fitness level of high-level male fencing athletes.*

Name industry: Education; Code industry: 9140101

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SUMMARY OF CONTENTS

1. Research objectives and subjects.

Based on a systematic analysis and synthesis of scientific literature and research results from both domestic and international sources related to the physical fitness characteristics of male fencing athletes, this thesis selects reliable, specific, and highly applicable indicators and tests for assessing the physical fitness level of high-level male fencing athletes. From this, it develops a standard for evaluating physical fitness levels that is appropriate to the physical characteristics, training requirements, and competition demands of Vietnamese fencing athletes. This contributes to the scientific approach to evaluation, selection, and training, improving the effectiveness of training and competition performance of fencing athletes in the present and future.

Research subject: Developing a standard for evaluating the physical fitness level of high-level male fencing athletes

2. Research methods used.

Methods of document analysis and synthesis

Interview and discussion method

Pedagogical observation method

Biomedical testing method

Psychological and neurological testing method

Pedagogical testing method

Standard evaluation testing method

Mathematical and statistical methods

3. Main Results and Conclusions.

- The thesis identified 33 indicators and tests belonging to the groups of morphology (4 indicators/tests), physiology (5 indicators/tests), psychology/neurology (5 indicators/tests), physical fitness (12 indicators/tests), and technical/tactical skills (7 indicators/tests) to assess the physical fitness level of high-level male fencing athletes.

- This thesis clarifies the characteristics and relationships between the groups of indicators used to assess the physical fitness level of high-level male fencing athletes. Correlation analysis shows that the groups of factors are closely related to each other and to the level of physical fitness, with the physical fitness and technical-tactical groups showing a higher correlation than the morphological, physiological, and psychological/neurological groups. This accurately reflects the nature of modern fencing competition, where specialized physical fitness and the ability to apply technical-tactical skills play a decisive role in competition effectiveness. At the same time, the differences in correlation levels between the groups of indicators in each fencing event demonstrate the unique characteristics of each event, providing an important scientific basis for individualization and specialization in training.

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PhD student

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