

# Developing Physical Fitness Evaluation Standards for Male Athletes of the Vietnamese National Kickboxing Team

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## Abstract

Using basic research methods including literature synthesis and analysis, interviews, pedagogical testing, and statistical mathematics; this study selected evaluation criteria and developed a scoring table for both general and specialized physical fitness for male athletes of the Vietnamese National Kickboxing Team. The research contributes to improving training efficiency and competitive performance.

**Keywords:** physical fitness, scoring table development, Kickboxing, VietNam.

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## 1. INTRODUCTION

Kickboxing is an international martial art that has recently been introduced to Vietnam. It is considered quite suitable for Vietnamese body types due to its techniques being similar to those in Kickboxing, Vovinam, and Sanshou. Kickboxing in Vietnam is currently experiencing strong development. As the sport aims toward national and international competitions, athletes must be fully physically prepared to meet technical demands in matches—especially as older female athletes transition into coaching roles and male athletes are increasingly seen as the main force in the upcoming years.

Therefore, developing standardized physical fitness evaluation criteria is crucial for the upcoming generation of male Kickboxing athletes preparing for future tournaments. This is the motivation behind the research: “*Developing Physical Fitness Evaluation*

*Standards for Male Athletes of the Vietnamese National Kickboxing Team*”

## RESEARCH METHODS

The research employed methods including literature review and synthesis, interviews, pedagogical testing, and statistical mathematics.

## 2. RESEARCH RESULTS

### 2.1 Selection of Fitness Tests for Male National Kickboxing Athletes

Through literature review, expert interviews, and reliability testing of selected evaluations, the study identified 12 tests for assessing general and specialized physical fitness. These tests are scientifically grounded, objective, and reliable for evaluating the fitness levels of male athletes in the Vietnamese National Kickboxing Team (see Table 1).

**Table 1: Physical Fitness Tests for Vietnamese National Kickboxing**

Fitness Component	TEST
General Fitness	100m Run (s)
	400m Run (s)
	1500m Run (s)
	T-Run (s)
	Standing Vertical Jump (cm)

Fitness Component	TEST
	Side Split Stretch (cm)
Specialized Fitness	Continuous straight punches (both hands) in 10s (times)
	Roundhouse kick with left leg to fixed target in 10s (times)
	Roundhouse kick with the right leg to fixed target in 10s (times)
	Roundhouse kicks with both legs 30s (times)
	Front kick with lead leg in 10s (times)
	Combo: Front kick - double straight punch - roundhouse kick in 1 min (times)

## 2.2 Development of a Physical Fitness Evaluation Scoring Table for Male Athletes of the Vietnam National Kickboxing Team.

This study developed a physical fitness evaluation scoring table for male athletes of the Vietnam

National Kickboxing Team based on the C-scale. After designing the test battery, the athletes' scores were determined by comparing their test results with the established benchmarks to assign a corresponding score, as shown in Tables 2 and 3.

**Table 2: Scoring scale for general physical fitness tests of male athletes on the Vietnam National Kickboxing Team**

Table IV. Scoring Scale for General Physical Fitness Tests of Male Athletes on the Vietnam National Training Team												
TT	Content	Scoring Scale										
			1	2	3	4	5	6	7	8	9	10
1	General fitness	100m Run (s)	12.28	12.18	12.07	11.97	11.87	11.76	11.66	11.55	11.45	11.34
2		400m Run (s)	79.38	76.89	74.40	71.91	69.42	66.93	64.44	61.95	59.45	59.96
3		1500m Run (s)	5.49	5.41	5.33	5.25	5.16	5.08	5.00	4.91	4.83	4.75
4		T-Run (s)	13.18	13.11	13.03	12.96	12.88	12.81	12.73	12.65	12.58	12.50
5		Standing Vertical Jump (cm)	55.42	53.86	54.29	54.73	55.17	55.60	56.04	56.48	556.91	57.37
6		Side Split Stretch (cm)	12.98	12.81	12.64	12.47	12.30	12.13	11.96	11.78	11.61	11.44

**Table 3. Scoring scale for sport-specific fitness tests of male athletes on the Vietnam National Kickboxing Team.**

Table 3: Scoring Scale for Sport-Specific Fitness Tests of Male Athletes on the Vietnam National Kickboxing Team												
TT	Content	Scoring Scale										
		1	2	3	4	5	6	7	8	9	10	
1	Specialized Fitness	Continuous straight punches (both hands) in 10s (times)	31	32	33	34	35	36	37	38	39	40
2		Roundhouse kick with left leg to fixed target in 10s (times)	18	19	20	21	23	24	25	26	27	28
3		Roundhouse kick with the right leg to fixed target in 10s (times)	15	16	17	18	19	20	21	22	23	24
4		Roundhouse kicks with both legs in 30s (times)	29	30	31	32	33	33	34	35	36	37
5		Front kick with lead leg in 10s (times)	9	10	11	12	13	14	15	16	17	18
6		Combo: Front kick - double straight punch - roundhouse kick in 1 min (times)	17	18	19	20	21	22	23	24	25	26

## 2.3 Development of a Comprehensive Physical Fitness Evaluation Standard for Male Athletes of the Vietnam National Kickboxing Team.

Based on the results in Tables 2 and 3, a comprehensive physical fitness evaluation standard was

developed for the male athletes of the Vietnam National Kickboxing Team using a 120-point scale, divided into five levels: Excellent, Good, Average, Weak, and Poor. Results are presented in Table 4.

**Table 4: Classification of overall physical fitness level for male athletes of the Vietnam National Kickboxing Team**

Classification	FitnessTotal Score		
	General	Specialized	Total
Excellent	54 - 60	54 - 60	108 - 120
Good	42 - < 54	42 - < 54	84 - < 108
Average	36 - < 42	36 - < 42	72 - < 84
Weak	18 - < 36	18 - < 36	36 - < 72
Poor	0 - < 18	0 - < 18	0 - < 36

This standard allows for a comprehensive evaluation of the physical fitness level of male athletes on the Vietnam National Kickboxing Team. It also serves as an important reference for coaches in selecting athletes and objectively assessing the training process, enabling appropriate adjustments in content, format, and training load.

### 3. CONCLUSION

The research identified 12 selected tests, including 6 for general fitness and 6 for sport-specific fitness, used to evaluate the male athletes of the Vietnam National Kickboxing Team. Through the study, a comprehensive scoring system was developed to assess the physical fitness level of these athletes.

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