

## 摘要

**目的:**从岷港市女篮球运动员的运动生理学与运动生物力学的指标分析其力量水平现状和现代篮球比赛的特点,并参考了各篮球专家的意见与建议,建立出周年的训练计划与各训练项目的系统以及有科学的评价岷港市女篮球运动员力量素质的评价指标。

**方法:**本实验采用文献资料法、专家访谈法、问卷调查法、数理统计法与实验法将 12 名越南岷港女子篮球运动员作为研究对象,采用自身对照法,分别对训练的前期、中期、后期的各项力量指标进行测试,验证训练模式的效果,同时建立出周年的训练计划与各训练项目的系统以及有科学的评价岷港市女篮球运动员力量素质的评价指标。

**结果:**(1)越南岷港女篮队经过一年训练后,力量素质的水平有明显的增进( $P<0.05$ )。爆发力力量升高了 6% (立定跳高);上肢的(俯卧撑)与腰腹的(仰卧起坐)力量耐力升高了 13.7%与 13.1%;下肢的(站姿提踵)与上肢的(卧推)的最大力量升高了 20.6%与 23.8%;加速与减速的力量(T 字形跑(秒))升高了 4.4%。

(2)整一年与每个周期训练后的速度跑、平衡、专门体力与投篮的成绩也明显的升高( $p<0.05$ ),从而可以证明力量训练计划直接影响到篮球运动项目的特殊技术与体力的活动。

**结论:**女篮球运动员的特征力量素质包括:最大力量、力量耐力、速度力量、加速力量与减速力量。与越南各主要女子篮球运动队相比,岷港女篮队的专门体力与力量素质还很差。经过一年训练后越南岷港女篮队力量素质的水平有明显的提高,证明该研究选用的力量训练方法对于提高篮球运动员的专项力量是科学有效的

**关键词:**女篮运动员, 力量素质, 训练计划, 评价指标

## **Abstract**

**Aims:** This thesis studies physiological elements, biomotor abilities, and features of modern basket ball competition, the current state of the Danang City women's basketball team, with reference to advices from experts of professional training in order to annually design exercise training programs, which were based on evaluation criteria for inherited strength of players and scientific data.

**Methods:** The author used a variety of methods including data collection and information analysis, interviews, questionnaires, experiments, and statistics. Participants were 12 players from the Danang City women's basketball team. The criteria for evaluation on each player's strength were testified before and after experiments. Data were used to design training programs and to create criteria for evaluation on the inherited strength of whole team's players.

**Results:** (1) Results showed athletes performances of athletes were at a higher level of power after one year of training ( $p < 0.05$ ). Their explosive power increased 6% (vertical jump exercise); forelimb endurance gained 13.7% (push-up exercise); Lower abdominal power strength went up 13.1% (abdominal crunch exercise); Lower body's maximum strength grew 20.6% (chin-up exercise); Upper body's maximum strength increased 23.8% (chest press exercise); Acceleration power – deceleration power (flexibility T-test) achieved a 4.4% growth.

(2) Performances of high-speed running, balance and stability, professional strength and conditioning, and ball throwing skills were improved after each periodical training program and after each year ( $p < 0.05$ ). These results are evidence of the effectiveness of the strength endurance training programs, which are designed to cope with distinctive features of the sport basketball.

**Conclusions:** Distinctive types of the inherited strength of a female athlete of the sport basketball included maximum strength, strength endurance, speed power, acceleration and deceleration power. In terms of performances of strength, strength endurance, and professional skills, players from Danang City women's basketball team are still at a significant lower level, compared to players from the Vietnamese women's basketball team and those from international teams. Players from the Danang city women's basketball team showed significant improvements of professional strength after one year practicing under requirements of an experimental training program, which were testified as an appropriate and effective solution.

**Keywords:** women's basketball player, inherited strength, training program design, evaluation criteria