

# STATUS AND SOLUTIONS TO IMPROVE PHYSICAL EDUCATION QUALITY FOR DONG THAP UNIVERSITY STUDENTS

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## Abstract:

The results of the study have evaluated the status of physical education (PE) and selected 06 solutions to improve the quality of physical education for students of Dong Thap University (DTHU). The application of selected solutions shows much better quality of the physical education for students than before.

**Keywords:** Solutions, physical strength, physical education, Dong Thap University.

## INTRODUCTION

Current practice is requiring Dong Thap University to have adequate policies to improve the quality of training, in order to train teachers with full political qualities - revolutionary ethics, and exemplary pedagogical conduct, stable profession, achieving bachelor's degrees to teach, educate and organize sport activities in schools at all levels, and at the same time ensuring the health for works. Therefore, improving the quality of training in the spirit of quality, efficiency, science and modernity to meet the requirements of the present society is a very necessary and important task. However, this is a greatly difficult task, requiring a lot of effort in terms of both intellect and facilities. The self-awareness of students with physical training is still poor. The attention of the society to sports is still inadequate, etc. Therefore, research on the solutions to improve the quality of physical education for DTHU students is an extremely necessary issue.

## RESEARCH METHODS

During the study, we have used the following research methods: Document analysis and synthesis, Interview and discussion, Pedagogical examination and Statistical mathematics.

## RESULTS AND DISCUSSION

### 1. Assessment of physical education status

*- Attention and guidance of Administrators to Physical Education subject*

During the past time, under the guidance and attention of the University Administrators, the Department of Physical Education – National Defense Education & Security has made great efforts in professional teaching, research, innovation, overcoming of difficulties and combination with functional departments to organize sports activities in the University as well as guarantee of the right implementation of the PE program. However, in reality, it still has shortcomings, not meeting the requirements of innovation. In general, these activities are only superficial aspects happening from time to time, do not have the depth as well as breadth and do not attract a large number of students to participate in sports training.

### *- Status of regular Physical Education curriculum at Dong Thap University*

The PE curriculum for higher education at Dong Thap University is built in 2 stages: compulsory Physical Education 1 with 30 periods per semester registered by students and elective Physical Education 2 with 60 periods per semester registered by students. Specific program presented in Table 1.

The table 1 shows that the Physical Education program for DTHU students built in accordance with the regulations of the Ministry of Education and Training. The diverse elective subjects (Badminton, football, chess, volleyball, Karate and Vovinam) help students easily access suitable and favorite sports. The Program distribution is

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Table 1. Status of regular PE program at Dong Thap University

No.	Modules	Property	Number of credit	Classification of periods		
				Total	Theory	Practice
1	Physical Education 1	Compulsory	2	30	3	27
2	Badminton	Elective 1 in 6 subjects	4	60	6	54
3	Football		4	60	6	54
4	Chess		4	60	6	54
5	Volleyball		4	60	6	54
6	Karate		4	60	6	54
7	Vovinam		4	60	6	54

appropriate, including theoretical content (1 - 6 periods per subjects), practical learning. There are 2 stages, after completing Physical Education 1 (30 periods) students are allowed to take examinations to finish the module at the end of the semester and especially in Physical Education 2 (60 periods), students study 4 credits of elective sports, basically meeting the learning demand for students at the University.

**- Status of Physical Education teachers at Dong Thap University**

Currently the Department of Physical Education – National Defense Education & Security has 31 teachers and 1 expert. There are 26 teachers teaching Physical Education, including 03 doctors, 02 foreign post-graduate students and 1 post-doctoral fellow, 19 masters and 02 bachelors of Physical Education. The number and qualifications of teachers ensure successful completion of the PE curriculum of the University. The teachers have rich experience with 02 senior ones teaching for more than 20 years, 10 ones teaching for over 10 years.

**- Status of training grounds, facilities and equipment**

Survey results show that: The total area of the training ground for students is 13,365 square meter, the current number of regular students of the school is 6,500 students, the average ground area is 2,0 square meter per students, compared to the prescribed standard of 3.5 square meter - 4 square meter. This is a relatively low number compared to the regulations. The number of training grounds is quite good, ensuring the conditions for teaching elective and compulsory

sports in the curriculum. Regarding the quality of facilities, the quality of the facilities for Physical Education learning at the University assessed to be of an average or higher quality, none of the facilities rated poorly. This is an advantage of the University equipment.

**- Students' awareness about Physical Education**

We have interviewed 607 students of the first and second year (see table 2).

**2. Selection and application of solutions to improve Physical Education quality for DTHU students**

**2.1. Selection of solutions to improve Physical Education quality**

After analyzing the actual conditions of the teachers, facilities, learning subjects, status and causes of factors affecting the activeness of DTHU students; conduct study on real situation, research, analysis and synthesis of documents, identification of the principles of selecting solutions, we have selected 6 solutions to improve the quality of Physical Education of students at Dong Thap University. They are:

1. Diversifying forms of propaganda and education to raise awareness about the role, meaning and effects of Physical Education subject.
2. Innovating teaching methods towards active students.
3. Diversifying the contents of extra-curricular sports for students.
4. Encouraging students to participate in elective sports.
5. Strengthening the management and leadership of government at all levels, Trade

Table 2. Students' awareness about the role of Physical Education

No.	Interview content	First year students (n=320)		Second year students (n=287)		Total (n=607)	
		m <sub>i</sub>	%	m <sub>i</sub>	%	m <sub>i</sub>	%
1	<b><i>Motivation for sports training</i></b>						
	Interest	212	66.25	197	68.64	409	67.38
	Awareness of physical training effect	115	35.93	182	63.41	297	48.92
	Compulsory	0	0	4	1.39	4	0.65
	No reason	124	38.75	132	5.99	256	42.17
2	<b><i>Frequency of students' extra-curricular practice</i></b>						
	Regular	110	34.37	100	36.58	210	34.59
	Sometimes	105	32.81	75	39.02	180	29.65
	Never	95	29.68	112	24.39	207	34.10
3	<b><i>Factors restricting sports practice of students</i></b>						
	Low ground condition	256	80.00	234	81.53	490	80.72
	Poor awareness	209	65.31	212	3.86	421	69.35
	Lack of training tools	97	30.31	102	35.54	199	32.78
	Lack of equipment	86	26.87	112	39.02	198	32.61
4	<b><i>Factors affecting students' extra-curricular practice</i></b>						
	Lack of instructors	205	64.06	216	5.26	421	69.35
	Lack of time	103	32.18	120	1.81	223	36.73
	Lack of ground and equipment	85	26.56	32	1.14	117	19.27
	Not supported by friends	93	29.06	98	4.14	191	31.46
	Not interested in sports	5	1.56	8	2.78	13	2.14
5	<b><i>Demand for practicing in clubs</i></b>						
	Like	304	95.00	270	94.07	574	94.56
	Unnecessary	16	5.00	17	5.92	33	5.43

Union, Youth Union in the University to the Physical Education.

6. Equipping, supplementing, upgrading and renovating facilities, grounds and tools for sports activities.

### ***2.2. Application and effectiveness evaluation of selected solutions***

- In order to apply the 6 selected solutions, we have identified the specific purpose, content and organization of implementation of each specific solution.

*Diversifying forms of propaganda and education to raise awareness about the role, meaning and effects of Physical Education subject*

Purpose: to educate and raise awareness and responsibility for the subjects at Dong Thap University

Content: Coordinate with the Department of Student Affairs, Department of Academic Affairs, Department of Scientific Research - International Cooperation, Department of Testing - Quality Assurance, combine with functional departments, faculties in the University in strengthening and grasping thoroughly the instructions and resolutions by the Party and the State on sports activities in general and the Physical Education subjects in particular. Organize students to participate in the contest to learn about sports, disseminate

scientific knowledge about sports through discussion, seminars. On the class, Physical Education teachers must contact to reality to help students understand the role, meaning, effects and benefits of sports training; Enhancing the mass media on national and world sports news on the University's information network.

Organization of implementation: through various forms of propaganda and education such as through regular lessons, the beginning of the week activities, radio, newspapers, sports bulletins, emulation movements and activity of sports clubs.

*Innovating teaching methods towards active students*

Purpose: to renovate the teaching method of the teacher and learning method of the students, make the students more active and creative; promote the active and self-conscious nature, thereby improving the quality of teaching and learning.

Content: on the class, teachers reduce the time for lecturing, make the most of the time for students to practice, enhance game and competition methods and create situations for students to participate actively and creatively. Pay attention to develop students' physical strength; Enhance the improvement of students' self-training by self-training groups and teams managed by class staff of sports and regularly tested by teachers; Increase the help of teachers for students with weak health. Promptly encourage students gaining learning progress; Combine students' learning consciousness with scoring the learning process; When testing and evaluating, teachers must place students in competition status. Must ensure objectivity and follow the requirements of the training process; Announce teaching plans and standards of physical training for students from the beginning of the courses and school year so that students can actively plan learning and extra-curricular practice. In order to be more active, students must read and study materials themselves to understand the basics of techniques before class.

Organization of implementation: close

coordination among relevant units such as the Administrators, Department of Academic Affairs, Department of Scientific Research, Department of Testing - Quality Assurance and the Department of Physical Education – National Defense Education & Security.

*Diversifying the contents of extra-curricular sports for students*

Purpose: Consolidate and improve the regular exercises. Create a spiritual life to improve health and physical development for students. Promote the active and self-consciousness for students, contribute to educating the awareness of discipline, team spirit, enhance exchange and learning relationships, etc.

Content: organize forms of extra-curricular sports training for students based on the training demand and actual facilities of the University. Establish sports and clubs with professional instructors; Launch the sports movement in the whole University combined with the youth union to set up volleyball teams for men and women; badminton teams for men and women; soccer teams for men and women, men's and women's martial art teams in students. Organize sports tournaments during the year; Collaborate with youth union and sports teachers to organize morning exercises for students with assessment, evaluation and emulation with classes throughout the University. Create morning exercise routines for students; Establish sports teams for classes and the University; Set out the training time of the day and week for students. Promote extra-curricular sports at the University; In order to perform well the extra-curricular Physical Education, it is necessary to play a role of advising and a core force in sports activities of the University.

Organization of implementation: establish University's sports teams to compete with a number of schools in Dong Thap province and participate in sports tournaments organized by the Ministry.

*Encouraging students to participate in elective sports*

Purpose: mobilize maximum students to participate in practicing their favorite sports

## ARTICLES

Content: Students choose and register their favorite sports right from the beginning of the school year. The Department of Physical Education – National Defense Education & Security sends teachers to guide and make training plan for students. After each semester, organize examinations, assessments and classification. Test results are the conditions for students to take the corresponding module test.

Organization of implementation: make a list of students participating in the practice of elective sports. Develop training plan and send the instructor in charge of each specific sport.

*Strengthening the management and leadership of government at all levels, Trade Union, Youth Union in the University to the Physical Education*

Purpose: Create the attention by the leaders of the University, the Trade Union and the Youth Union for sports in general and Physical Education in particular.

Content: The Department of Physical Education - National Defense Education & Security submits to the University leaders about legal documents, including the Ordinance on Sports and Law of Sports; Advise and propose to the Party Committee and the authorities to make resolutions and decisions on sports and Physical Education in the University. Direct the development plan for sports in the University for each semester and the school year; the University leaders check, supervise and evaluate the implementation of resolutions, decisions and plans for sports in the University. Strengthen the sports management of the University, including conducting examination and evaluation of teaching and learning results, testing and evaluating the results of extra-curricular sports practice, examining and evaluating the granting of certificates of Physical Education subjects for students.

Organization of implementation: The process of examination and evaluation must be serious and ensure objectivity. The University has established an inspection team including University's leaders, Trade Union, University's Youth Union Secretary and members to control the facilities, equipment, grounds, tools for sports, etc.

*Equipping, supplementing, upgrading and renovating facilities, grounds and tools for sports activities*

Purpose: Improve the quantity and quality of the training ground, adding more equipment and tools for teaching and practicing sports, creating good environment and conditions for the sports development to achieve high results.

Content: Innovate and upgrade the training ground to make the most of the University's conditions for teaching and organization of sports for students; Supplement more equipment and tools for teaching and practicing in sufficient quantity and quality assurance; Make the most of the University's funding norm, mobilize money from the self- contributed fund by students.

Organization of implementation: The Department of Physical Education – National Defense Education & Security builds a plan to self-repair the ground, renovate and upgrade athletics track, volleyball court and football pitch. Submit to the University board of leaders for approval of buying equipment and tools for teaching and learning.

Experiment of some solutions: We conduct experiment for 200 students of the course 2017-2021 who have similar conditions such as age, training time, curriculum, environment of living and learning, etc. Experimental subjects divided into two groups: Experimental group including 100 randomly selected students (50 men and 50 women) and the control including 100 randomly selected students (49 men and 51 women).

Evaluate the effectiveness of selected solutions. We test the effectiveness of the selected solutions by evaluating the learning outcomes of the Physical Education subject (see Tables 3 and 4).

The results of Table 5 show that after the experimental time, the number of students regularly participating in training of the experimental group is much higher than the control group, there is a difference expressed by the growth rate (W%) with  $p < 0.05$

## CONCLUSION

The Physical Education work at Dong Thap University has many issues to control.

**Table 3. Students' learning outcomes of Physical Education subject after experiment**

<i>Post- experimental learning outcomes</i>															
<i>Control group (n = 100)</i>								<i>Experimental group (n = 100)</i>							
<i>Very good</i>		<i>Good</i>		<i>Average</i>		<i>Below average</i>		<i>Very good</i>		<i>Good</i>		<i>Average</i>		<i>Below average</i>	
<i>m<sub>i</sub></i>	<i>%</i>	<i>m<sub>i</sub></i>	<i>%</i>	<i>m<sub>i</sub></i>	<i>%</i>	<i>m<sub>i</sub></i>	<i>%</i>	<i>m<sub>i</sub></i>	<i>%</i>	<i>m<sub>i</sub></i>	<i>%</i>	<i>m<sub>i</sub></i>	<i>%</i>	<i>m<sub>i</sub></i>	<i>%</i>
0	0	48	48	46	46	6	6	7	7	53	53	38	38	2	2

**Table 4. Comparison of rate of students' participation in extra-curricular sports before and after experiment**

<b>No.</b>	<b>Frequency of extra-curricular sports practice</b>	<b>Control group (n = 100)</b>			<b>Experimental group (n = 100)</b>			<b>P</b>
		<i>Pre-experiment</i>	<i>Post-experiment</i>	<i>W (%)</i>	<i>Pre-experiment</i>	<i>Post-experiment</i>	<i>W (%)</i>	
1	Regular	15	15.1	0.664	14.1	50.9	113.230	< 0.05
2	Sometimes	16.9	17.2	1.759	16.5	49.1	99.390	< 0.05
3	Never	68.1	67.7	- 0.589	69.4	0	-200	< 0.05

Specifically, facilities for teaching and learning of Physical Education is lack and outdated, failing to meet the needs of learning and training by students; Teaching methods have not been really innovative, not promoting the self-awareness and active of students. Extra-curricular sports training for students are weak and limited, there are too few extra-curricular sports activities, resulting in little contact and understanding of sports and physical enhancement; Students are not fully aware of the position, role and meaning of the Physical Education subjects, leading to low learning and training outcomes.

Through the research, we have selected 6 solutions. The application of the solutions shows that the Physical Education work at Dong Thap University has changed significantly, the number of students achieving high results in the subject. The number of students participating in extra-curricular sports training increased. The number of students regularly training extra-curricular sports of experimental group is higher than the control group and the difference expressed by the growth rate.

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(Received 2/10/2019, Reviewed 23/10/2019 Accepted 25/11/2019)