

# ASSESS THE ACTUAL SITUATION OF ORGANIZING EXTRA-CURRICULAR PHYSICAL TRAINING ACTIVITIES AND SPORTS CLUBS OF FPT UNIVERSITY STUDENTS

Pham The Vuong<sup>(1)</sup>  
Do Kinh Kha<sup>(2)</sup>

## Abstract:

Using regular scientific research methods to evaluate the situation of organizing extracurricular sports activities and sports clubs of FPT University students. The results show that extracurricular physical training activities at FPT University have not become a widespread movement, have not attracted the attention of students. The number of students wishing to participate in sport exercises at regular clubs accounts for a low rate, reaching only 15% for male and 8% for female.

**Keywords:** Actual situation, organize extra-curricular sports, extra-curricular sport activities, club, sports club, FPT University...

## INTRODUCTION

FPT University is currently training more than 20,000 students under training systems. With the expectation that students are not only good at their specialties but also physically strong and mentally rich, the University has paid great attention to developing the physical education for students through that 100% of first-year students must participate in the physical training which is learning Vovinam martial arts. Along with that is the system of extracurricular sports clubs.

In the world, now some famous universities such as Stanford; Harvard; London; Cambridge... has conducted and developed a very diverse range of professional sports and social club activities. The physical training process of students is mostly operated under the model of voluntary clubs, self-calling for investment and self-funding, competitions are actively organized and brands are marketed openly and transparently. In order to improve the performance of FPT University's student clubs, first of all, we conduct an assessment of the situation of organizing extra-curricular

sports activities and sports clubs for students and consider this as the necessary theoretical basis.

## RESEARCH METHODS

The research process uses research methods: Methods of analyzing and synthesizing documents; Interview method; Pedagogical observation method; Pedagogical examination method; and Statistical mathematics method.

The study subjects include 400 students in 18 sports clubs at FPT University .

The research was conducted at FPT University and Bac Ninh Sports University from October 2017 to October 2019

## RESULTS AND DISCUSSION

### 1. Operation status of sports clubs in FPT University

Currently, FPT University has 18 sports clubs operating in the forms organized by the personal development plan department, spontaneous ... The funding of the clubs and teams activities is due to voluntary contributions of the members, and funds raised. Statistics of the actual situation of sports clubs are presented in Table 1.

(1) PhD, Bac Ninh Sports University

(2) Master, FPT University

Table 1. Operating sports clubs of FPT University students (As of March 2018)

No.	Club	Time of establishment	Number of participants	Number of sessions / week	Management form	Operating conditions
1	Vovinam	10 years	60	2	PDP department	Guaranteed
2	Taekwondo	2 years	20	2	PDP department	Unstable
3	Arnis martial arts	4 years	22	2	Spontaneous	Not guaranteed
4	Muay	1 year	16	2	PDP department	Unstable
5	Soccer	8 years	55	3	PDP department	Guaranteed
6	Table tennis	3 years	16	2	PDP department	Not guaranteed
7	Basketball	3 years	12	2	PDP department	Guaranteed
8	Volleyball	2 years	8	1	Spontaneous	Unstable
9	Baseball	1 year	6	1	Spontaneous	Not guaranteed
10	Badminton	6 years	21	2	PDP department	Unstable
11	Hiphop	6 years	18	2	PDP department	Guaranteed
12	Roller blading	4 years	22	1	Spontaneous	Not guaranteed
13	Street Workout	3 years	9	1	PDP department	Guaranteed
14	Gym	5 years	40	3	PDP department	Guaranteed
15	Chess	8 years	29	2	PDP department	Unstable
16	Electronic Sports	8 years	18	1	PDP department	Not guaranteed
17	Yoga	2 years	21	1	Spontaneous	Not guaranteed
18	Packour	1 year	7	1	Spontaneous	Not guaranteed

## ARTICLES

Table 1 shows:

On the operating form: The forms applied usually included: training under the sport clubs managed and organized by the personal development plan department (PDP department), training under spontaneous clubs ... Clubs operating at the university right now includes: Soccer, Vovinam, Gym ... However, the clubs are still confined within a small range and the extracurricular trainings of students are mainly spontaneous.

About the establishment time: Clubs have an uneven establishment time, the longest are Vovinam, soccer, chess, electronic sports ... (from 8-10 years ago), the latest establishment is Muay, Packour, Baseball, Taekwondo, Yoga, Volleyball ... (just established 1-2 years lately).

About operating conditions: There are 1/3 of the clubs have guaranteed operating conditions and are organized and managed by the University's personal development plan department; Nearly 1/3 of clubs have unstable operating conditions and more than 1/3 have unstable operating conditions (usually newly formed clubs and operate on a spontaneous

basis). The number of members are uneven. The clubs have 1-2 sessions/week.

### 2. Actual situation of demands, attitudes, motivations of extra-curricular sports practice of students

In order to understand and evaluate the awareness and needs of students of FPT University on sports practice as well as issues of motivation for physical training and sports, the effects of sports activities, the topic conducted an interview with 400 students (200 male and 200 female) in the university.

The results of training needs survey are presented in Table 2.

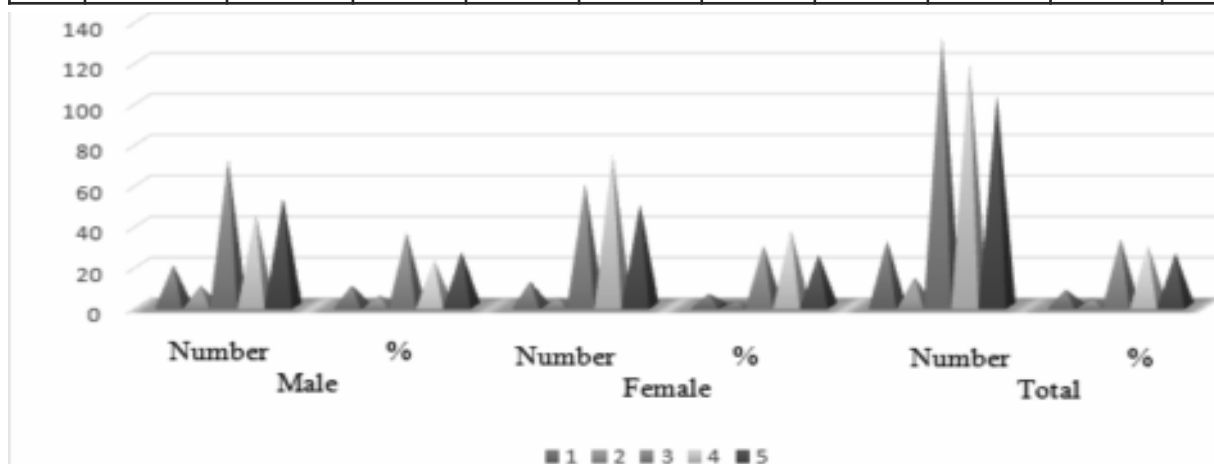
Table 2 shows that the demand for physical training of students is very low, accounting for 15% for male and 8% for female.

Survey results on the attitudes of students towards extracurricular sports activities are shown in Figure 1.

Results of figure 1 show that: There are up to 29.75% of students that do not like to participate in sports activities, the number of students who hate and fear this activity accounts for 25.75%, of which the majority are female students

**Table 2. Demand for sports practice of FPT University students (n = 400)**

No.	Subject	Has the need to practice			Does not have the need to practice			Unstable		
		Number	%	W%	Number	%	W%	Number	%	W%
1	MALE ( $m_i=200$ )	30	15.00	-	98	49.00	-	72	36.00	-
2	FEMALE ( $m_i=200$ )	16	8.00	-	123	61.50	-	61	30.50	-



**Figure 1. Assessing the actual approaching attitudes of FPT University students towards extracurricular sports activities**

(25%). The number of students who like and like very much sports activities is low (11.5%).

The survey results of students' motivation to practice extra-curricular sports are presented in Table 3.

Table 3 shows that FPT University students' motivations to participate in sports and physical training are various. 21.5% of students want to

participate in sports and physical education activities in order to communicate and expand relationships; 52.5%, students want to practice sports to finish the modules; 10%, students want to practice sports to get in shape; Only 5.5% of students want to practice physical training to improve their physical fitness. The remaining 10.5% want to practice because of their interest in sports.

**Table 3. Physical training and practice motivations of FPT University students (n = 400)**

TT	Motivation for extracurricular sports training	Number	%
1	Interested in sports and fitness	42	10.50
2	Practice sports to finish the module	210	52.50
3	Improve physical fitness	22	5.50
4	Communicate and expand relationships	86	21.50
5	Exercise to get a good body shape	40	10.00

The above facts show that the motivation of students clearly reflects the characteristics of FPT University with the majority of them being technical students. The students want to participate in sports and physical education activities to communicate, make friends and most of the IT students who come back to their room just want to sit at the computer and are afraid of sports, afraid of the main physical contents, so students only practice just for the final exam. This is an existing feature of FPT University students. Therefore, it is necessary to pay attention to propaganda, advocacy and education to raise the awareness of the value of physical training and exercise to health and fitness, fostering mental qualities and training the will to meet the increasing demands of modern society, primarily the requirements of studying at the University.

**CONCLUSION**

1. Extra-curricular sports clubs at FPT University are very diverse and attract diverse students to participate in practicing. However, more than 1/3 of the clubs have unstable operating conditions and need impact measures to improve the performance of the clubs.

2. The university's students have low physical training needs in both male and female (15% for male and 8% for female); the number

of students who do not like to practice and are afraid of practicing extra-curricular sports is more than 50% of the total number of students and the students participate in extra-curricular sports activities with the main motive is to expand their relationships as well as to finish the physical education module.

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Main responsible: Pham The Vuong  
Email: phamthevuongbc@gmail.com)