

REALITY ASSESSMENT OF PHYSICAL TRAINING AND SPORT MOVEMENT OF STUDENTS IN THE UNIVERSITY OF TRANSPORT AND COMMUNICATIONS

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Abstract:

The subject uses the interview and investigation method to assess the status of physical training and sport movement of students in the University of Transport and Communications in some aspects: Organization and management of sport activities, organization of competitions, awareness and the level of participation in physical training and physical condition of students in University of Transport and Communications.

Keywords: Physical training and sports movement, Physical education, and University of Transport and Communications.

INTRODUCTION

Developing a physical training and sports movement is one of the important contents for universities and colleges, helping students to exercise, improving their physical strength, ensuring standards of physical training as prescribed, studying well and participating in other social activities. Therefore, the University of Transport and Communications has been always trying to promote physical training and sport movement for students. However, in fact, the student's training movement is limited. Therefore, it is necessary to conduct surveys to comprehensively assess the actual situation and factors affecting the development of the physical training sports movement among students, so that there are grounds to propose appropriate solutions

and applications which are possible to put into practice to promote the physical training movement for students of University of Transport and Communications, Hanoi.

RESEARCH METHODS

In the research process, this subject uses the following research methods: Methods of synthesis and document analysis, Methods of interview, Pedagogical observation method, Pedagogical testing method, Statistical math method.

RESULTS AND DISCUSSION

1. Actual status of competition activities of the University's sports teams in University of Transport and Communications

Statistical results are presented in Table 1.

Table 1. Actual status of participating in sport competitions for students in Hanoi, Nationwide of the students transportation teams (2009-20120)

Result	Year 2009		Year 2010		Year 2011		Year 2012	
	Hanoi	Nationwide	Hanoi	Nationwide	Hanoi	Nationwide	Hanoi	Nationwide
Number of participation	6	1	6	2	7	2	6	4
	7		8		9		10	
Number of prize-winning	4	0	1	2	0	2	1	1
	4		3		2		2	

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Statistical results show that the number of tournaments that students of the University of Transport and Communications participated has been increasing year by year; Organization of participating teams for national and regional sports tournaments of the University of Transport and Communications was pretty good. But the performance of the teams was not

good, that proves the preparation for teams is incomplete, unscientific.

2. Reality of organizing sports tournaments for students of University of Transport and Communications

The number of annual sports tournaments is listed and presented in table 2.

Table 2. The actual number of sports tournaments of University of Transport and Communications

Result	Organising Board			
	Student Association	Youth Group	Department	Sport association
Number	5	3	9	4
Total	21			

The results in Table 3 show that the number of tournaments is quite large, proving the sport movement and the training and competition of the sports teams are quite good. This is also very compatible with the results investigating the status of organization of teams participating in regional and national tournaments.

3. Actual status of awareness, motivation and the need to participate in sports and extra-curricular activities of student of University of Transport and Communications

Interview is introduced to 520 students. The results are presented in Table 4.

The results in Table 4 show that students are not fully aware of sports and gymnastics activities, so many students have not participated in training or practice regularly. Therefore, it is necessary to take appropriate measures to overcome, in order to develop the

physical training movement for students of the University of Transport and Communications.

4. Physical fitness of students in University of Transport and Communications

The project conducted physical tests for 170 male students Course 53 which are pre-selected in testing. The results are presented in Table 3.

The results obtained in Table 4 show that the percentage of students who do not meet the criteria for evaluating physical fitness in the test content accounts for a high proportion (30 - 48.24%).

CONCLUSION

The results of the status assessment show that: University of Transport and Communications regularly organizes sport competition and send many student teams to

Table 4. Physical fitness of students in University of Transport and Communications (n = 170)

No.	Test content	Good		Pass		Fail	
		Number of students	Ratio (%)	Number of students	Ratio (%)	Number of students	Ratio (%)
1	Running 30m (s)	28	16.47	91	53.53	51	30
2	Force squeeze arm (kg)	29	17.06	59	34.71	82	48.24
3	Long jump in place (cm)	23	13.53	84	49.41	63	37.06
4	5 minutes running (m)	20	11.76	70	41.18	80	47.06

Table 3. Real situation of awareness, motivation and need to participate in sports and extra-curricular activities of student of University of Transport and Communications

No.	Interview Content	Result	
		Interviewee	%
1	Actual awareness of the importance of extra-curricular practice (520)		
	Necessary	120	23.07
	Normal	136	26.15
	Unnecessary	264	50.76
2	Situation level of participating in extracurricular physical training (n=520)		
	Regularly	117	22.5
	Impermanent	139	26.73
	No practise	262	50.38
3	Actual situation and motivation for participating in extra-curricular physical training (n = 520)		
	Real interests	106	20.38
	Health promotion	99	19.03
	To cope in examinations, tests	205	39.42
	To use free time	110	21.15
4	Demand for participating in club practice (n = 520)		
	Yes	358	68.84
	No	162	31.15
5	Demand for practicing extra-curricular activities (n = 520)		
	Soccer	157	30.19
	Volleyball	69	13.26
	Martial Arts	43	8.26
	Badminton	62	11.92
	Table tennis	30	5.76
	Basketball	57	10.96
	No demand	102	19.61

compete in the regional and national tournament. However, the number of students participating in sports practice is small and irregular. Therefore, students' physical strength is average, and there are many students who have not met the prescribed fitness standards. This shows that there must be appropriate measures to promote the development of physical training and sport movement for students in the University of Transport and Communications

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(Received 25/10/2019, Reviewed 3/11/2019
Accepted 25/11/2019)