

EVALUATE THE EFFECTIVENESS OF MEASURES TO IMPROVE SELF-STUDY ACTIVITIES IN BASIC KNOWLEDGE SUBJECTS FOR PHYSICAL EDUCATION STUDENTS OF DA NANG UNIVERSITY OF SPORTS

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Abstract:

By regular scientific research methods, we have assessed the impact effectiveness of 5 measure groups in improving the quality of self-study activities in basic knowledge subjects for Physical education students of Da Nang University of Sports. The results show that, the percentage of students in the experimental group has a good learning result and has a better learning attitude than the control group.

Keywords: Effectiveness, measure, quality, self-study, students, credits.

INTRODUCTION

Innovating the teaching method for the students has always been concerned and focused by Da Nang University of Sports. However, self-studying theoretical subjects of the students is still limited, especially in basic knowledge subjects. The majority of students do not have the methods and study skills appropriate to the training process. From the above problem, we conduct the research: "Evaluate the effectiveness of measures to improve self-study activities in basic knowledge subjects for physical education students of Da Nang University of Sports".

RESEARCH METHODS

In the research process, we use the following methods: Method of analysis and synthesis of documents; Pedagogical observation method; Method of interview - seminar; Method of pedagogical examination; Experimental pedagogical method and Statistical mathematical method.

RESULTS AND DISCUSSION

Through referring to documents and making an interview with the experts, we have selected 5 measures to enhance the self-study activities of basic knowledge subjects for physical education students of Da Nang University of

Sports, include:

- Organizing to improve the quality of self-study activities, awareness of physical education students on building motivation and proper learning attitudes for the students.
- Improving the skills and developing the self-study plans for the students.
- Enhancing to hold the study groups, learning clubs of the basic theoretical subjects for the physical education students.
- Guiding the students the scientific research skills and self-assessment skills.
- Improving the innovation of teaching methods, assessment and evaluation methods in the lecturers' teaching activities

Experimental period: 1 semester

Experimental subjects: 76 students

Assessing through grading the knowledge test results:

After the experiment, we gave the experimental and control groups to take a test on the Sports theory and method in 60 minutes. Test result is shown in chart 1.

Chart 1 shows, the percentage of students in the experimental group with very good and good results is higher than the control group, while the percentage of students with fair,

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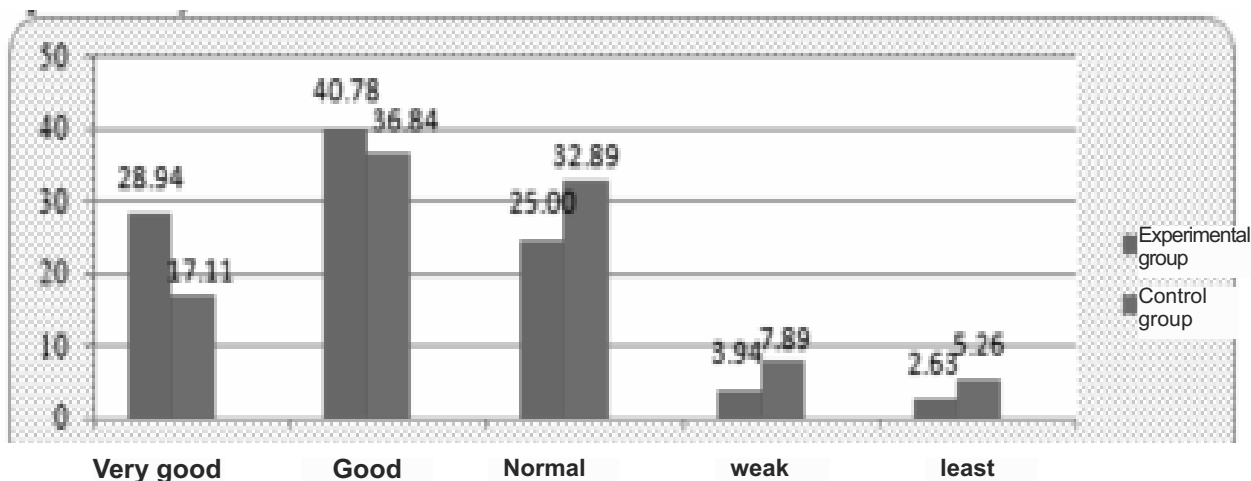


Chart 1. Test result of lesson content of Experimental Group and Control Group after experiment

Table 1. The result of evaluation of the preference level of the experimental group and the control group after the experiment

No.	Level	Experimental group (n = 76)		Control group (n = 76)	
		m_i	Rate %	m_i	Rate %
1	Very interested	20	26.31	18	23.86
2	Interested	24	31.57	21	27.63
3	Normal	21	27.63	23	30.26
4	Uninterested	11	14.47	14	18.42
Total		76	100	76	100

weak/poor, veryweak/poor test results is lower.

Evaluation through surveying the students' attitudes and interests in learning after experiment:

The results are presented in Table 1.

Table 1 shows: The number of students who favored in the experimental group have a higher proportion than the control group, in particular, the proportion of students who dislike is lower.

Assessing students' interest in learning after school:

The results are presented in Table 2.

Table 2 shows: After the experiment, the students in the experimental group were more interested and very interested in studying Sports Theory and Method than the students in the control group. Meanwhile, the total number of students in the control group was less interested,

Table 2. Result of the evaluation of the interest of the experimental group and the control group after the class in Sports Theory and Method

No.	Level	Experimental group (n = 76)		Control group (n = 76)	
		m_i	Tỷ lệ %	m_i	Tỷ lệ %
1	Very interested	21	27.63	14	18.42
2	Interested	24	31.57	22	28.94
3	Normal	22	28.94	26	34.21
4	Little excitement	6	7.89	9	11.84
5	Uninterested	3	3.94	5	6.57
Total		76	100	76	100



**Having a sustained motivation to help students actively practice their favorite sports
(photo by: upes1)**

uninterested and normal for the subject, accounting for a much higher percentage than the students in the experimental group. This shows that the students of the experimental group are much more interested in Sports Theory and Method than the control group.

CONCLUSION

After 1 semester to hold the experimental program, the chosen measures have been effective in improving the learning quality of basic knowledge subjects. The students have good attitude and academic results. At the same time, that creates the long-term excitement in learning for the University's students.

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