

Evaluation of the Training Program in Physical Education for Students without Major of Physical Education Hung Vuong University – Phu Tho

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Abstract

Using regular scientific research methods to evaluate the current status of the quality of the physical education program for students at Hung Vuong University on the following aspects: Current status of factors affecting quality of students' physical education program. The results show that students' results in physical education subjects are generally at an average level. The proportion of students achieving good and excellent results is still small. The rate of students failing is still relatively high.

Keywords: Current status, quality, physical education, students, Hung Vuong University.

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1. INTRODUCTION

Physical education in universities is an important and indispensable aspect of education and training, contributing to the goal: "Improving people's knowledge, fostering human resources, and training talented people" for the country, as well as for each citizen, especially the young generation, to have the conditions to be "highly developed intellectually, physically strong, spiritually rich, and morally pure" to meet their needs. innovation needs of the country's socio-economic development.

The Party and State orient the goal of education for our country to be: Building a comprehensively developed Vietnamese people, with ideals, ethics, organization and discipline, community awareness and positivity. Extremely individualistic, masters modern knowledge, has creative thinking, practical skills, industrial style and good health, meeting the requirements of building and protecting the Fatherland.

To have a basis for innovating and improving the quality of physical education at Hung Vuong University, properly assessing the current state of physical education program quality is an important issue. However, reality shows that this issue has not received enough attention.

Hung Vuong University is a place with relatively strong development of curricular and extracurricular activities, but the survey shows that the development of curricular and extracurricular physical education is not commensurate with the available potential. Therefore, finding solutions to improve the quality of physical education for students is necessary.

To have a basis for building and adjusting the physical education program for students not majoring in physical education at Hung Vuong University, we conduct: Assess the current status of factors ensuring the quality of the physical education program quality for students of Hung Vuong University - Phu Tho.

2. RESEARCH METHODS

During the research process we use the following methods: Document reference method, interview method, pedagogical observation method, pedagogical testing method and statistical mathematical method.

3. RESEARCH RESULTS AND DISCUSSION

3.1 Current status of lecturers teaching the physical education program for students at Hung Vuong University

The Department of Physical Education and Sports of Hung Vuong University was established on

May 13, 2015, formerly the Department of Physical Education under the Faculty of Natural Sciences. By August 2018, implement the policy of the Phu Tho Provincial Party Committee resolution and the Hung Vuong University Party Committee resolution on organizing and restructuring units to streamline and operate the department effectively. Physical Education and Sports has been merged with the Faculty of Arts and is called the Faculty of Arts and Sports under Hung Vuong University. Currently, the department has 3 departments (Music department, Fine Arts department, Physical Education department) and an arts and sports

development center. The department has 25 lecturers.

The Department of Physical Education belongs to the Faculty of Arts and Sports. Currently, the department has 8 lecturers with master's degrees, including 4 lecturers with PhD degrees, the average age of the staff is The lecturers in the department are 35 years old, including 01 deputy head of the department (in charge). This is a team of highly specialized lecturers, with good qualities and professional capacity and experience in the training process.

Table 3.1: Training qualifications of physical education instructors

TT	Specialized	Age			Qualification	Note
		< 30	30 - 40	> 40		
1	Athletics			2	Ph.D	
2	Physical Education		2		Master	
3	Football		1		Master	
4	Volleyball		1		Master	
5	Badminton	1	1		01 Ph.D	
6	Swimming		1		Master	
7	Table Tennis		1		Master	
8	Handball		1		Master	
9	Management		1		Master	

From the results of table 3.1, it shows that: With the orientation of Hung Vuong University as an applied training facility, the doctoral rate must account for 25%. However, the physical education department has a doctoral rate of 33%. This situation shows that it will have a great impact on improving training quality.

When considered from the perspective of the lecturer's training major, it shows that the distribution rate of subjects is even across many sports. Comparison with the physical education curriculum shows that it is basically suitable. However, there is an imbalance in the number of lecturers compared to the number of training credits.

Regarding the current situation of the teaching staff distributed by age, it shows that: In the age group over 40, there are 2 lecturers, accounting for 17%, mainly concentrated in the group of lecturers aged 30 - 40 years old, there are 10 lecturers, accounting for 74.7%. In the remaining group of lecturers under 30 years old, 1 lecturer accounts for 8.3%. The results show that this is a dynamic young team with great strengths while implementing physical education in the form of electives.

The teaching staff has basically met the teaching load requirements of the physical education module at the school, with degrees reaching over 100% of postgraduate qualifications. This is one of the decisive conditions for the quality of training because no matter how modern the education system is, no matter how sophisticated and modern teaching and technical means

appear, it cannot be replaced. understand the role of the teacher - the person who organizes and controls the student's learning process, who has a significant influence on the formation and development of the student's personality.

3.2. Current status of facilities serving physical education at Hung Vuong University

Physical and technical facilities are important factors that directly affect physical education, so the project evaluates the school's existing facilities. Currently, Hung Vuong University has 66 students. hectares of land used, of which the total area used for training is 36 hectares with full facilities for training, scientific research, vocational practice, entertainment, etc. .. specifically, the school has 14 laboratories; 01 experimental center; 78 practice classrooms; 104 theoretical classrooms of all types; 7 large halls; 5 stadiums; 01 reading library (area 3200 square meters, 8214 books, 50 specialized magazines); 02 electronic libraries (200 computers connected to the Internet, 4500 digital document files); 01 dormitory (353 rooms); 01 student cafeteria with an area of 3500 square meters (with mini supermarket and other amenities).

The school's facilities, grounds, and tools serving the teaching and learning (internal and extracurricular) of the school have developed strongly in recent years, with many training tools. As well as competitions that are supplemented with annual purchases, the level of response to practice sports meets the requirements of average or higher. With such equipped facilities, it initially ensures that students can choose the sport they love and their forte.

Therefore, building a credit-based physical education program is very suitable for the physical and human conditions at Hung Vuong University.

3.3. Current status of the Physical Education program content applied to students at Hung Vuong University

Based on the physical education curriculum of Hung Vuong University, the general topic presents the main points in table 3.2.

Table 3.2: Physical Education subject program for students Hung Vuong University for the period 2019-2023

Semester	Subject	Number of periods			
		Theory	Practice	Check	Sum
1	Exercise 80 beats Run short distances	0	28	2	30
2	Badminton 1 Volleyball 1 Taekwondo 1 Aerobic 1 Sports dance 1	0	28	2	30
3	Badminton 2 Volleyball 2 Taekwondo 2 Aerobic 2 Sports dance 2	0	28	2	30
Sum		0	84	6	90

From the results obtained in table 3.2, it shows that: the physical education program of Hung Vuong University is implemented within 3 terms, in which the 1st term has 30 lessons with two contents: 80-rhythm physical exercise. Run short distances.

Semester 2: 30 elective physical education lessons Badminton 1, Volleyball 1, Taekwondo 1, Aerobic 1, Dance sports 1

Semester 3: 30 elective physical education lessons Badminton 2, Volleyball 2, Taekwondo 2, Aerobic 2, Dance sports 2.

General goal: The physical education program aims to provide basic knowledge and skills to help students know how to practice sports, improve health, serve society and complete tasks well study.

Detail goal:

- Understanding of some basic issues of hygiene - sports medicine, purpose, meaning, and effects of sports on human health.
- Comprehensively develop physical qualities, protect and strengthen health to prevent diseases, improve learning and working ability, and contribute to the formation of willpower qualities such as courage and character. Confidence, perseverance in overcoming difficulties, sense of discipline.
- Master techniques and methods of practicing sports according to program content. Educating positive self-discipline helps students have the ability to self-train during their studies and throughout their lives.

3.4. Current status of teaching methods in Physical Education

Teaching methods are the forms and measures set out in the teaching process to successfully complete the set tasks. A good physical education teaching method will create conditions for teachers and learners to develop their full potential in conveying and acquiring knowledge, skills and developing thinking.

In reality, teaching physical education cannot only use a few individual methods but must use a combination of different methods to achieve high teaching effectiveness because not all educational means are available. Every physical condition allows the use of a certain pure training method. Teachers must know how to choose teaching methods appropriate to the content, tasks, subjects, teaching conditions... to be able to improve the quality of the subject.

The most used method in teaching physical education at Hung Vuong University is the method of using verbal and visual methods with 100% of teachers asked and using it regularly in both teaching. theory and practice. This is completely consistent with the general trend in teaching today.

About the group of teaching methods of physical education theory. The most used method is the presentation method with 100% of lecturers choosing to use it regularly. Next is the method of using assistive technology (computers and projectors), which shows that 41.7% of lecturers regularly use it and 58.3% rarely use it. Regarding the discussion method through questionnaires, it shows that 25% of lecturers choose to use it often, 33.3% choose to use it rarely and 41.7% choose not to use it. 16.7% of lecturers choose to rarely use the method of raising problems and 83.3% do not use

it. The case study method has 25% of the options being rarely used and 75% being not used. Of the self-study method, 16.7% choose to rarely use it and 83.3% choose not to use it.

The group of practical teaching methods through questionnaires that are used the most by lecturers with 100% being regularly used are the complete practice method and the testing method. These two methods are simple but effective in teaching movement techniques and are completely suitable for teaching physical education subjects today. Next is the division and consolidation method with 83.3% frequently used and 16.7% rarely used. Methods of using supplementary exercises: 66.7% chose as frequently used, 33.3% chose as rarely used. Finally, the method of using guiding exercises is that 50% choose to use it often, 33.3% choose to use it rarely and 16.7% choose not to use it. Of these 3 methods, these are the methods to improve effectiveness. Effective movement teaching techniques help students access and perfect better techniques but are not used much in teaching.

3.5. Current status of the organization of physical education and sports teaching at Hung Vuong University.

+ Intra-curricular activities: In-curricular activities are activities and class hours of students that are conducted as compulsory study according to the registered subjects and are scheduled by the training department on a regular basis each period and week and are carried out according to the schedule. classes, courses, subjects and are arranged not to overlap with other subjects in the school.

+ Extracurricular activities: Extracurricular activities are activities conducted in students' free time and are practiced according to their needs and interests in specific sports. This activity makes an important contribution to improving the quality of lessons and improving the effectiveness of physical education. The number, motivation, needs and forms of extracurricular physical training and sports of students are also one of the important bases for choosing measures to develop extracurricular physical training and sports activities. for students to develop physical fitness for students. To learn about this issue, the project conducted interviews with 400 K18 students of Hung Vuong University. Students answered the questions seriously and honestly. The interview results are presented in the table below:

Table 3.3: Current status of the number of students participating in extracurricular physical training and sports (n=400)

Interview content	Male (n=200)		Female (n=200)		Sum (n= 400)	
	n	%	n	%	n	%
Frequent	70	35	30	15	100	25
Sometimes	50	25	70	35	120	30
No practice	80	40	100	50	180	45

Through the interview results in table 3.3, we see that the number of students participating in extracurricular physical exercise and sports is not high. The number of students who regularly practice physical exercise and sports in males is 35%, while in females it is only 15%. There are 25% of students who do not practice and 50% of women. Thus, the number of students participating in the practice regularly and occasionally has reached 25%, while for women this rate has reached 15%. Through observation and practical research, along with interviews with lecturers and students of the school, it is shown that the school has the following forms of extracurricular activities: Self-practice sports activities, forms of activities by club, form of competitive sports activities, form of sports activities with instructors

Through a comprehensive assessment of the types of extracurricular sports activities at Hung Vuong University, it is shown that these types do not attract a large number of students to participate nor promote students' self-discipline in exercising. pellets. Therefore, it is necessary to research and find reasonable solutions to organize and manage sports activities of students well,

thereby developing their physical strength to meet the goal of training new people. in the process of industrialization and modernization of the country.

3.6. Current status of physical education program quality of Hung Vuong University students

Current status of physical fitness and learning outcomes in Physical Education of students at Hung Vuong University.

Current status of physical fitness level of students:

To have more scientific basis, we conducted a survey on the level of physical development of non-majors at Hung Vuong University, as a basis for choosing to build a physical education subject program according to study credit for students not majoring in physical education, as well as improve learning efficiency in physical education.

Test subjects are: students K18, K19, K20. The topic surveys the current state of physical fitness level of students, with 6 tests selected according to physical fitness assessment standards, applied to students at Universities and Colleges as prescribed by the Ministry

Table 3.4: Current status of physical fitness level of Hung Vuong University students

TT	Test	K 18 ($\bar{X} \pm \delta$)		K 19 ($\bar{X} \pm \delta$)		K 20 ($\bar{X} \pm \delta$)	
		Nam (n=120)	Nữ (n=134)	Nam (n=150)	Nữ (n=165)	Nam (n=150)	Nữ (n=155)
1	Force of squeezing with dominant hand (kG)	41.12 ± 1.82	25.57 ± 1.82	39.25 ± 1.69	25.44 ± 1.76	40.18 ± 1.78	24.63 ± 1.52
2	Lie on your back and do crunches (times/30 seconds)	19.49 ± 2.63	16.27 ± 1.45	21.47 ± 2.64	15.68 ± 1.18	20.88 ± 2.74	16.68 ± 1.39
3	Jump far in place (cm)	207.08 ± 12.21	152.11 ± 5.42	208.12 ± 11.22	150.04 ± 5.12	206.08 ± 11.22	153.04 ± 5.34
4	Run 30 XPC (seconds)	5.40 ± 0.27	6.57 ± 0.42	5.33 ± 0.26	6.61 ± 0.39	5.41 ± 0.22	6.48 ± 0.26
5	Run the shuttle 4x10m (seconds)	11.78 ± 1.17	13.04 ± 1.21	11.89 ± 1.32	13.22 ± 1.14	12.05 ± 1.23	12.87 ± 1.27
6	Run at your own pace for 5 minutes (m)	931.22 ± 66.7	866.6 ± 62.44	933.16 ± 65.2	857.6 ± 66.53	930.17 ± 67.8	867.8 ± 66.23

Table 3.4 shows that students at Hung Vuong University have a fairly average level of physical strength in all tested tests: From the strength of the upper limbs, it is considered average compared to the standards of physical fitness. student resources of the Ministry of Education and Training. Durability is similar, only at an average level. Explosive strength, speed strength, motor coordination, and general endurance test results showed that the test results were at the average level.

Current status of students' learning outcomes in Physical Education:

To evaluate the current status of physical education learning outcomes of students at Hung Vuong University, the project uses students' learning outcomes. Results of aggregate scores at the end of the physical education course for students of University 18 (254 students), University 19 (315 students), University 20 (305 students).

The percentage of students with different results in studying physical education at Hung Vuong University between courses 18 and 20 is different. However, the general results of all three courses are as follows:

Excellent score results: None

Results of excellent score classification: 26 students, accounting for 3.0%.

Results of grading as good: 58 students, accounting for 6.6%.

Average score ranking results: 567 students, accounting for 64.8%.

Weakness ranking results: 223 students, accounting for 25.6%.

There is no difference in the learning outcomes of physical education at Hung Vuong University in the three courses. However, the rate of students classified as weak is high at 25.6%. At the same time, students achieved an average level of 567 compared to the total number of tested students of 874. Thus, the proportion of students with average physical education results is still

too large. Therefore, this is an important basis for innovating and building a credit-based physical education program for students not majoring in physical education at Hung Vuong University.

4. CONCLUSION

- The current status of factors affecting the quality of physical education at Hung Vuong University shows that:
- The subject program is not flexible and still imposes restrictions, there are not many optional sports for students, and it does not promote self-discipline and interest in practicing.
- The current state of facilities and teachers serving physical education for students is lacking in both quantity and quality.
- The results of assessing the current state of physical education quality for students at Hung Vuong University show that: The percentage of students achieving good and good grades is low, the average percentage is quite high, and the percentage of students achieving good and good grades is low, the average ratio is quite high, and the percentage of students achieving good and poor grades is quite high.

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