

DESIGNING THE SUITABLE PHYSICAL EDUCATION FOR THE STUDENTS OF THAI NGUYEN UNIVERSITY OF TECHNOLOGY

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ABSTRACT

Nowadays, education in the universities in Vietnam is a compulsory subject in order to develop the strength and enhance their health and meet the labor demands for protecting and developing the country. Designing physical education program suitable for the students' strength is an essential need to meet the preset goals.

KEYWORDS: Physical education, Vietnamese students, students' strength.

INTRODUCTION

With the purpose of comprehensive human development and physical training which play an important role for health and development of the learner, physical education is a form of training whose purpose is to equip students with the skills and movement and the knowledge on development of strength and enhancing the health of learner. In the university training program in Vietnam, in addition to the major-related subjects, physical education is a compulsory course for each and every student in order help them have good health, train their discipline and team work for their comprehensive development. The designing a physical education program suitable with the strength of students plays an important role to meet the preset educational purposes.

1. Study contents

1.1. Some general theories

1.1.1. Some characteristics of the strength of Vietnamese students

Students are part of the society and the ones who study in universities and colleges. This is the group that has certain education background and in the process of learning and getting knowledge. Vietnamese students are quite young, from 18 to 25 years old. The students whose strength's characteristics are mentioned herein belong to that group.

According to a research conducted on Vietnamese strength with the variables aging from 6 to 20 years old in 2001 by the Institute of Sports and Physical Training, the average height of Vietnamese aged 20 is 165.14 ± 5.61 cm for boys, and 153.88 ± 5.28 cm for girls. Compared to the biological figure in 1975, boys in 2001 were 6cm higher and girls were 5 cm higher than those in 1975. About weight: Boys of age 20 had weights of 53.19 ± 6.02 kg and girls were $46,02 \pm 5,33$ kg [1] However, the increase in height and weight of Vietnamese is quite slow compared to other countries in the region and in the

world. According to an analysis from the Institute of Applicable Medication in 2017, Vietnam was one of the shortest countries in the world. Vietnamese men were ranked 19th among the shortest countries in the world with an average height of 1.64 meters and Vietnamese women were only ranked 13th with an average height of 1.536 meters [2]. Compared to the average height of the world, reported by Disabled-world dated September 30, 2018, the average of men in the world is 1.77 meters and that of women is 1.633 meters, meaning Vietnamese men are lacking 13 centimeters and women are lacking 10 centimeters compared to the average [3]. More recently, in the Southeast Asia, Vietnam ranked at the bottom when it comes to average height. We are only a little bit higher than Indonesian and Filipino.

Also, according to the above study, the strength characteristics of students are shown as follow: About the durability via running test of 5 minutes depending on the tester's strength to calculate the running length (in meter). Boys in ages of 15-16 years old have better durability than those in 18-20 (972.36-972.38m and 940.19-953.83m respectively). Girls aged 11-12 have better durability compared to girls in 15-20 (787.60-786.90m and 720.80-768.30m). Heart function indexes reflecting the working ability of the heart system with the standard movement (sit down and stand up 30 times in 30 seconds in sync with the heart beat counter) show us better view when it comes to the durability of the Vietnamese. This index in men of 20 years old is 12.95 and in women of 20 years old is 14.14. This index is low compared to the world standard.

About the strength via the squeezing force of the dominant hand (kg) via dynamometer and broad jump (cm). The strength of boys develops steadily at ages of 6-17 years old and slows down at ages of 17-20. The strength of girls develops steadily at ages of 6-14 years old and slows down at ages of 14-20. Strength of Vietnamese teenagers compared to some countries in the world in only at average level.

About the speed and ability of flexible cooperation are tested via a test of 30-meter running (second) and speed run 4x10m (second). Just like strength, speed of Vietnamese teens is just average comparing to that of other countries in Asia.

Via the indexes above, we can see that the strength of Vietnamese teens, including students, is limited. Although in recent years, the life standards of the people have been unproved greatly, due to the nutrient and exercise routine, Vietnamese's strength, especially the young ones, is really limited. Teaching physical education in universities to guide and form in the young people a suitable routine of workout to improve their health.

1.1.2. Teaching physical education in universities in Vietnam

Physical education is regulated in the Decree 11/2015/NĐ-CP on physical education and sport activities at school. Accordingly, "physical education in school is a compulsory subject, belonging to the training program of different levels and grades in order to equip students with basic knowledge and awareness and skills and forming their habits of doing exercise for the purpose of comprehensive education [4]. For the purpose of enhancing health and developing strength, physical education is a

compulsory subject at all education levels in Vietnam. Depending on levels of training, the physical education program has different rules. For university education, “The Director of the university/institute, the Rector of the university shall take the responsibility to develop, approve, and issue the training program, including physical education program pursuant to the regulations by the Ministry of Education and Training [4]. The university has its own right to build their physical education program pursuant to the regulations of the Ministry of Education and Training and based on the actual training conditions and the facilities of the school.

Besides, the other activities in school are also encouraged like the extracurricular activities, sports clubs and groups suitable with the interest, gender, age and health of each individual in order to perfect the movement skills helping students in the process of training and competing when it comes to sports and making good conditions for students to play and entertain themselves and develop their instinctive sports talents and, at the same time, detect and enhance the talents. This activity is stated in the Decision No.72/2008/QĐ BGDĐT on “Regulation on Organizing Extracurricular sports activities for students”. Accordingly, “Motivating students to practice daily on their own after school (extracurricular) with the sports of interest for each individual athletics, ball games, badminton, chess, martial art, swimming and so on. The testing content and sports are in the competition program of Phu Dong Sports, Student Olympic Games and the sports activities organized by the ministry of education and training; Providing students with the opportunity to practice traditional sports and physical games suitable with the conditions of each local area [5].

In recent years, physical education is gradually paid attention to by the Communist Party of Vietnam and the Government in order to reach the goal of comprehensive development for Vietnamese. The Decision No. 08/NQ-TW by the Ministry of Politics “On enhancing the management of the Party and making a great leap in the development of sports in 2020 ”: clearly shows that: “Developing sports is an objective requirement of the society in order to improve health and strength and the life of the people, the quality of the workforce; training students on morals and developing a good living environment and helping to enhance the uniformity of the country, opening international cooperation; at the same time, it is the duty of the governmental authorities and the society and each citizen ensuring that the sports and games will prosper [6]. The investment for physical education and sports activities is considered to be the investment for human and for the development of the country.

1.2. Some requirements on a physical education program suitable for the student's strength.

1.2.1. Teaching contents:

In the educational system, the characteristics of physical education is associated with intelligence training, moral training, beauty training and labor training. Physical training is one of the two basic and outstanding of the physical education training. Therefore, when teaching and researching about physical fitness, it requires a deep understanding of the inner nature of physical fitness, from which to develop appropriate educational and training methods to achieve the common goal of the educational

process. physical fitness, that is to enhance and improve health, to develop a balanced and harmonious physical body.

Circular 25/2015/BGD&DT stipulates the subject program of Physical Education with the aim of providing knowledge and basic movement skills, forming exercise and sports habits to improve health, develop physical strength, stature, improve personality, improve learning ability, social skills with a positive spirit and attitude, contributing to the realization of comprehensive educational goals [7]. To meet the above requirements, the Physical education program in universities in Vietnam is implemented from the first school year, when new students enter universities. The content of the Physical Education course curriculum includes: General theory part; practice and electives.

In order to design a physical education program to meet the requirements of the Ministry of Education and Training, and to improve the physical fitness of students, we recommend the following solutions:

Firstly, it should come from the physical reality of students. Through the above data, it can be seen that the physical strength of Vietnamese students is still quite limited compared to some countries in the region and the world. However, because students are at a young age, if there is a good and reasonable exercise regime, the fitness of the younger generation can be improved. For universities in Vietnam, students are given a general health check before entering. The results of the health examination at the beginning of the course are the basis for the physical education teachers to know their health status, thereby developing educational methods and educational content to suit each subject. However, the results of the health examination cannot fully reflect the physical aspects of the students, because the main contents of the physical examination only focus on examining when the body is in a static state, so during the process of conducting in physical education, teachers also need to adjust the content accordingly. In addition, the educational program also needs to take into account the specific factors of each university such as regional factors, training professions, the ratio of male to female students at the university, health characteristics of each group. object... The physical education program must ensure logic and science; towards the goal of fostering the human factor, making a significant contribution to improving physical strength, educating personality, morality and healthy lifestyle, enriching cultural life and promoting the national spirit of the people. Vietnam, strengthen and maintain national security and defense.

Second, the educational content must develop the physical elements equally. Physical qualities are relatively separate characteristics and aspects of human fitness and are often divided into basic categories, namely: speed, strength, endurance, dexterity and flexibility [see 8]. Physical education can be divided into two relatively independent aspects: teaching movement (physical education) and education of physical qualities. Teaching movement is the process of equipping with basic movement skills and techniques, necessary for sports activities. Education of physical qualities is a reasonable impact on the development of movement qualities to ensure the development of movement capacities (fastness, strength, endurance...). The teaching of movements and the development of physical

qualities are closely related, making a premise for each other and even being able to "transfer" each other. But they are never identical, between them there is a different relationship in different stages of physical development. In the physical education program, besides the compulsory contents of aerobics and athletics, we recommend that there be many other elective contents such as football, volleyball, basketball, table tennis., badminton, long jump, swimming. In addition to the above contents, we recommend adding new subjects to meet the requirements of most students today such as: artistic gymnastics, nursing, Sports dance, aerobics, martial arts... These subjects not only increase physical factors but also create excitement for students, improve students' self-discipline in the process of learning and training.

1.2.2. Teaching time

According to the regulations of the Ministry of Education and Training, the physical education program in Vietnamese universities is at least 03 credits, usually taught in the first or second year of university study. With a small amount of time to study physical education, leading to the teacher's teaching hours of physical education only about 2-3 times per week, this also causes disadvantages for students. With the required teaching time as above, new students only have the conditions to grasp the manipulations and basic movement skills of some sports. In order to maintain health, improve physical strength and endurance in studying and working, sports training must be maintained regularly and regularly. In our opinion, in order to encourage and enhance students' sports activities, the following solutions are needed:

Firstly, universities should have many sports clubs and sports activities outside of school hours. The development of extracurricular physical training and sports, the building of various types of school sports clubs; Encouraging students to participate in extracurricular activities in clubs, gifted sports classes should be considered an important task for physical education teachers and students. With many options, students can search for a sport that is suitable for their physical fitness, health, and aptitude, thereby creating a basis for the development of comprehensive physical capacity, strengthening health and form a system of skills and techniques necessary for the learning and working process. In addition, the organization of sports congresses, annual sports tournaments within each school or between schools should also be encouraged to create a practical, healthy and sustainable sports movement. effective.

Secondly, it is necessary to have adequate facilities to meet the training needs of students. The lack of facilities is one of the reasons why students are not interested in participating in sports practice. According to statistics of the Ministry of Education and Training, Vietnam currently only has 31% of preschool institutions with physical development rooms, while 80% of primary, secondary and high schools lack gymnasiums. sports; 99.6% of schools lack swimming pools; In higher education, 36% of schools lack gymnasium and sports facilities, and 87% lack swimming pools [12]. Most of the universities in Vietnam lack a yard. A few schools have sports halls, students also have to pay rent to use them. Some schools have training facilities but the condition of deterioration, lack of or insufficient

equipment is quite common. In particular, because some universities do not have a separate physical education location, the teaching and learning takes place right on the school grounds, causing a lot of difficulties for learners. Currently, the strengthening of physical facilities for physical training and sports activities needs the coordination of many ministries and mass organizations as well as people to create a full and healthy space for physical training and sports activities. The construction of a system of physical facilities for physical training and sports activities is emphasized in the Prime Minister's Decision No. 1752/QĐ-TTg: Approving the "Planning on the system of physical and technical facilities for sports, national education and sports by 2020, with a vision to 2030" with the goal "By 2030, the national physical and technical system of physical training and sports facilities will be built basically and completely, meeting the requirements of demand of Vietnam, is a country with a developed physical education and sports background in the continent" [9]. Accordingly, universities can coordinate with localities to have land fund, mobilize capital from the state budget as well as socialization resources to build a physical education space in accordance with their aspirations. and student needs.

1.2.3. Evaluation Methods

Physical education is a compulsory subject in the higher education system in Vietnam. Decision No. 14/2001/QĐ-BGDĐT "On the promulgation of the Regulations on Physical Education and School Health" clearly states: "Students and students are responsible for successfully completing the task of learning physical education and health subject. Students of colleges and universities must have a certificate of physical education to be eligible for the graduation exam" [10]. The assessment of learning and physical education results is necessary and important. In our opinion, the evaluation of training results must be associated with physical fitness criteria as issued under Decision No. 53/2008/QĐ-BGDĐT of the Ministry of Education and Training. Accordingly, students to be granted certificates of completion of physical education subjects when they have met the minimum requirements through specific assessments: dominant hand grip strength, supine crunches, squatting in place, running 30m high start (XPC), 4 x 10m shuttle run, 5 minutes depending on strength. However, schools can choose other sports to assess students' fitness to suit the physical characteristics of each student as well as meet the needs of learners. Regarding assessment time, in addition to regular assessment at the end of the course, we recommend that there be other assessments even when students no longer participate in physical education subjects to ensure their success. Training takes place continuously and regularly.

2. CONCLUSION

Currently, education towards comprehensive development is an extremely important task in training human resources for the country. In particular, the work of physical education and sports in schools has been paid attention and invested by the Socialist Party and State of Vietnam and related sectors and has achieved remarkable results. However, the current situation of physical education and sports in schools, including universities, still has shortcomings and inadequacies, requiring synchronous solutions. The renovation of the physical education program to suit the physical condition of

Vietnamese students, and the strengthening of the organization of extra-curricular activities with specific and flexible assessment criteria are urgent requirements to create a favorable environment. study, practice sports for students, create a solid foundation in health and fitness so that students can participate in socio-economic activities right after graduation.

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