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Proposing and selecting several results to develop the volleyball movement of the communes in Que Son district, Quang Nam province

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Abstract

Through analysis, investigation, the judgment of the condition and based on the factors influencing the natural training movement of the people of Que Son district combined with the application of principles and topics, please propose some solutions to develop volleyball training organizations for the public in Que Son district - Quang Nam province.

Keywords: Proposal, selection, solution, development, cinnamon paint volleyball, Quang Nam

1. Introduction

The community is developing, people's lives are improved in all aspects, in environmental training and sports. In the early, sports just appeared as an exercise with the purpose of serving the daily living. Nowadays, sports and gymnastics have become an essential and powerful cultural field in society. Sports activities not only enhance health, improve morale, but also a means of diplomatic relations with political and industrial significance.

2. Research Methods

The research process uses the accepted methods: analysis and synthesis of documents; interview; pedagogical research; pedagogical examination; Mathematical statistics.

3. Results and Discussion

3.1. Proposing some solutions to develop volleyball movement of cooperatives in Que Son district, Quang Nam province

3.1.1. Some guidelines when choosing to propose solutions

Based on the characteristics of environmental training and sports activities for people to implement the solutions, the accepted principles need to be followed:

To solve well the relationship between sports activities and production (work), there must be proper awareness. The fundamental task of agencies, businesses, and enterprises in production and business. The tasks of bodily training and sports must be in service of production and work. Sports activities should not take too prime time, conducted outside working hours. when people have a policy regime, a set of norms and quotas, sports and sports activities become more painful. Thus, the strongest rule is amateur, voluntary. Based on the practical experience of some units, we should note it:

- Through propaganda and education to promote the enthusiasm to take part in the sports activities of the people, making them from the sense of having to take part in the awareness of participating in sports activities.
- Through attractive activities, fostering interest in sports activities, improving self-regulation, and training.
- Through small competitions and performance test results, improve confidence and determination to practice.

“Small” refers to the size and method of sports activities. For a major sports organization, sports activities should not be a perfectionist, typical but should organize small-scale and

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dispersed activities sufficient to the characteristics of work and production. Thus, it is easy to arrange operations, easy to maintain, and does not conflict with the work and production of the unit.

“Diversity” is based on the diversity of the practitioner that develops many different sports and physical exercises, helping the practitioner to choose the practice according to his interests and requirements. As such, will attract more and more participants to practice.

Depending on the characteristics of the object that organizes different sports activities, the effect of sports activities will be higher.

Que Son is a district with a large area, diverse terrain with mountains, plains, and many rivers. Therefore, it is possible to organize colorful and abundant physical training and sports activities. However, this is also a locality often affected by storms and floods, so a plan for organizing sports activities must also be formulated appropriately.

Because people have many subjects, the management is

dispersed, so in the management of sports and physical training, it is first to coordinate well. It should be noted that the work plan for sport and training is not duplicated or contradictory. In addition, attention should be paid to the coordinated assistance of trade unions, youth unions, militia, self-defense organizations, women’s associations ... of the units and localities with the Culture and Sports Department, Cultural Centers - district sports.

3.1.2. Solutions to develop volleyball movement of communes in Que Son district, Quang Nam province.

Through analysis, research, assessment of the situation and on the basis of factors affecting the physical training and sports movement of the people of Que Son district combined with the application of principles and topics, please propose some solutions to Developing the volleyball training movement for the people in Que Son district - Quang Nam province as follows:

After proposing so

Table 1: Results of examining results to develop the majority volleyball movement in Que Son district - Quang Nam province (n = 30)

| No | Result | Number of people Agree | % |
|----|--|------------------------|-------|
| 1 | Raising awareness and interest of the Party committee, authorities, leaders of grassroots groups, mass systems (trade unions, youth unions ...) and the people of Volleyball | 26 | 86.7 |
| 2 | Strengthening the control, inspection, and coordination of localities and grassroots units, between mass organizations (trade unions, youth unions ...) | 14 | 46.7 |
| 3 | Increase the number and quality of facilities for training, support for sports activities | 30 | 100.0 |
| 4 | Building up and fostering specialist qualifications for the unforeseen of officials, guides and volleyball workers | 30 | 100.0 |
| 5 | Making plans, training programs, a system of annual competitions | 25 | 83.3 |
| 6 | Diversifying the content and form of training and developing club models in grassroots units | 28 | 93.3 |
| 7 | Solutions to combine volleyball with alternative activities | 22 | 73.3 |
| 8 | There is a policy for participants to practice and compete Volleyball | 11 | 36.7 |
| 9 | Strengthening emulation, encouragement, advancement and logical education for employees | 27 | 90.0 |

Through the interview results in Table 1, the problem selected 07 solutions with the support rate of 73.3% or more:

1. Raising the understanding and concern of the Party Committees, authorities, directors of grassroots groups, mass organizations (trade unions, youth unions ...) and organization, employees, and works organization of physical exercise and sports.
2. Increase the quantity and develop the quality of facilities for training, support volleyball activities.
3. Strengthening and fostering professional qualifications for volleyball officials, guides, and officials.
4. Develop annual plans, training programs, and systems of competitions.
5. Diversifying the content and form of training and expanding the club model in grassroots units.
6. The solution to combine Volleyball with other activities.
7. Enhancing the work of simulation, encouragement, advancement, and ideological education for laborers.

How to resolve the solution

Solution 1. To develop the awareness and interest of the Party committees, authorities, leaders of grassroots groups, mass organizations (trade unions, youth unions ...) and the masses with the work Gymnastics and sports.

Awareness of the effects of sports activities has shown an important role in determining the development of the Volleyball movement. Only with a proper and full understanding of the Party’s directing views, establishing the meaning and purpose of the Volleyball movement, the organization and practice of Volleyball will be effective. Therefore, raising the awareness and interest of the Party

Committees, the authorities leading grassroots units, mass organizations (trade unions, youth unions ...) To sport and physical training is a measure to payment the area. pole for supporting the coordination of implementation, setting up implementing Volleyball movements between all levels, sectors, unions, localities, units, sports, and physical training will be supplied more in terms of both people and funds. and facilities and start a sense of self-discipline for the masses themselves.

Continuing to carry out “The whole people movement to improve the body supporting the example of the great Uncle Ho” in association with the movement to establish cultural families, villages, hamlets, population quarters, residential areas, agencies, and applications. positions in localities, departments, and unions.

Propagating and managing all subjects of the masses to engage in and take part in physical training and sports competitions in clubs of each subject or many sports found in agencies, units, enterprises, and schools. Study, commune, town.

Strengthening and building up the institutional system of management of mass physical training and sports models: Gymnastics and sports clubs, point models of physical development, and mass sports for regions with typical social economy.

To promulgate regulations on land planning for physical training and sports: To raise investment in building playgrounds and sports facilities. Strengthening the training and retraining of mass physical training and sports officials and guides; focus on training, fostering professional collaborators for sports.

Promote information and propaganda to develop awareness and responsibility of the Party committees, grassroots administrations, and officials of the physical training and sports sector regarding the role of physical training and sports activities. Promote the thorough grasp of the Party's views and Ho Chi Minh's thought in building and developing the physical and sport movement, carrying out the goals of "Increasing the people of prosperity", "physical exercise and sports for health". human happiness "... Applying the views of our Party in the cause of building extra people, developing the quality of human resources for the cause of industrialization and modernization in the country. Continue to carry out "The whole people improve the body to keep the example of the great Uncle Ho".

Enhancing the leadership capacity and effectiveness of the Party Committees and administrations at all levels begin physical training and sports development; The development of physical training and sports is a regular task of the Party Committee and authorities. Physical and sports development is compulsory in the annual five-year, and long-term socio-economic development plans of run cities and provinces.

Strengthen information - communication activities in the social community, on physical training and sports, on the beneficial effects of physical exercise and sports. Propagating and influencing all subjects of the masses to exercise and take part in physical training and sports competitions in clubs of each subject or many sports organized in agencies, units, and enterprises.

Besides achieving the above text, it is necessary to publish the role, importance, and benefits of volleyball activities to each health of each individual employee in particular and the effectiveness that Volleyball brings. back to productive labor. In order for the leaders of the units and mass organizations to understand the value and socio-economic benefits that Volleyball brings is the most effective way to attract their attention and investment in the exercises. Volleyball.

Solution 2. Increase the variety and quality of facilities for training, support the Volleyball movement

The support funding and facilities for physical training and exercise in agencies and businesses are available but have not faced the needs of the trainees. In order for the Volleyball movement to take place, it is necessary first to have a lot of yards and training equipment. In expansion, some units only concentrate on volume but do not ensure the quality of yards and equipment, leading to the situation that the new training facilities have been damaged, causing waste. Therefore, increasing the quantity and improving the quality of facilities for training, supporting funding for activities Volleyball is an effective measure with practical elements stimulating the attitude and training spirit for the masses.

Agencies and businesses in collaboration with the People's Committee and the Culture - Sports Committee in the area of operation make the most of the support on the yard, volleyball training facilities for the people.

For each agency, businesses need at least 01 yards to serve volleyball training. Repairing and upgrading the quality of existing yards and training equipment.

For units that do not have a yard for sports training, it is necessary to plan for investment in the construction of a number of popular and simple sports fields, with a small construction investment capital, equipment, and facilities. tools with a quite reasonable price such as volleyball court, badminton, shuttlecock, table tennis, chess ...

In addition, to support sports activities that take place easily,

abundantly and publicly, agencies and businesses need to invest in some outdoor training equipment such as dumbbells and bars. , dual beams, exercise tools for hands, feet ...

Units need to improve gas source for volleyball activities as follows:

- + Funds for construction of yards and exercise equipment.
- + Funds to organize volleyball training and competition activities.
- + Funds to improve the quality of volleyball officials.
- + Funds to emulate and reward Volleyball achievements.
- + Funds to support clubs

Solution 3. Strengthening and fostering professional conditions for volleyball officials, guides, collaborators

The Volleyball team is the leading cause of developing the Volleyball movement. Strengthening and fostering professional skills for the contingent of officials, HDVs, and volleyball workers to build a volleyball team of agencies and programs with high ethical conditions and an outrageous sense of duty. Good judgment and experiences meet the increasing demands of renovating organizing activities, developing teaching methods, sets up, and practices to entice and attract individuals to take part in regular training. Often and creating a strong change to develop the Volleyball movement for the masses in each group in particular and the entire district.

To improve the quality of the work of volleyball agencies, organizations need a team of officials, guides, collaborators with good qualifications and experiences. Therefore, it is necessary to add a contingent of guides and staff members at grassroots units. Every year there are plans and policies to support training funding to improve the quality of volleyball management staff. Select and attend participants of training courses for tutors, guides, and referees organized by the District Culture and Sports Center, the Department of Culture, Sports and Traveling of the city of Da Nang University of Sports and Physical Training open.

Supplement professional resources such as Volleyball books, sports laws, newspapers, publicity materials ... Enhance the professional support of volleyball staff in the area Phuong. Organizing the transfer of experience and self-training of Volleyball officials between grassroots units and localities.

Solution 4. Develop annual plans, training programs, and system of competitions

Volleyball for the public is an activity outside the working hours of agencies and businesses, so each unit needs to develop a suitable, specific, and clear plan, training program, and race. so as not to affect production labor actions. In extension, development plans, programs, and matches are based on professional characteristics, health, psychology, interests, etc. of the masses and based on funding, yard, practice tools ... actual business agencies, so the new volleyball activity.

Right from the start point of the activity year, the members should promote specific plans, registers of activities, and training in each stage. The basic subject of the plan comprises Purpose, task, content, training methods, time, and volume ...

Training plans and programs must be realistic and fell from real situations such as gender, age, occupational characteristics, working environment conditions, weather, climate, land ... Construction, disseminating in advance the plan to set up competitions of the year to the subjects choosing to take part.

Need to set up the organization of competitions in the unit,

friendly with other units, and take part in the people's sports competitions run by localities and departments to spread and improve the spirit of competition. To encourage and make exercise excitement for everyone.

Solution 5. Diversifying the content and form of training, spreading a club model at the grassroots units.

The content and form of volleyball training is an important factor influencing the volleyball movement. To attract many people to take part in practicing volleyball, sustained and effective requires the diversification of content, training, strengthening, and mounting up the club practice model in the agencies and businesses.

Depending on working conditions and labor in each agency or enterprise, the time and form of training are promoted before, between, and after work.

We should pay attention to repeating and increasing the quality of volleyball clubs. This form of activity helps practitioners choose their favorite sport, organize training, compete on demand, create excitement, stimulate passion, practice enthusiasm in each person.

Solution 6. The solution to coordinate the Volleyball movement with other activities

The purpose of the mass volleyball movement is to attract many people to practice volleyball, improve their health, reduce diseases, increase the labor force of production so combine volleyball with labor activities, hygiene, healing, etc. not only contribute to promoting the strong development of Volleyball movement but also full use other activities to support physical development for workers. In contrast, volleyball activities help increase the efficiency of other tasks, to avoid and treat diseases, raise labor productivity is the effect that all agencies and businesses want.

When collecting and choosing this exercise, we should base it on age, gender, educational level, psycho-physiological characteristics ... the exercise is not too difficult to carry out results but not we will give up too easily. meaning. There should be a change in the form of training and competition activities to avoid monotonous. During the implementation process, we should pay attention to conditions and circumstances to ensure the safety of the trainees, and to take measures to stop incidents.

It is necessary to propagate to the people the meaning and purpose of exercise and prevention of disease prevention among the people, to propagate knowledge about preventive exercise and plan to set up physical training and treatment activities. There is also a need to disseminate common scientific knowledge about physical training and hygiene, causing it possible for everyone to work out and keep public and personal hygiene. Trade unions, youth unions, physical training, and sports organizations need to set up close coordination for joint implementation.

Strengthening training, raising the level of physical training and hygiene for students to develop the quality of sports practice prevention and treatment. Leaders at all levels require to pay attention to making conditions for officials and guides to take, not to change their production, occupation, and life. Depending on the conditions of the unit, from time to time, to find out the fitness movement, to check the situation of improving physical and health to take care of to motivate the movement to be spacious and continuous with boiling spirit. Excited.

Organizing activities of Volleyball movement and educating people in the spirit of courage, determination, surmounting difficulties, winning without arrogance, failing to be

discouraged, learning from each other, having a collective spirit, Along with progress, people will bring these good qualities to show in their work and life.

Stemming from reality, supporting diverse volleyball activities, organizing training teams, and amateur sports teams, creating compact forms of competition, promoting both universal and advanced.

In those units, if conditions permit, to set up advanced sports teams. On the one hand, it helps to improve the reputation and advertising of the brand when it takes part in volleyball tournaments with other units or localities to stimulate excitement and attract people to take part. Join the practice.

However, it should be noted that Volleyball for the public at all costs must take universalism as the main, based on universalization to build up and develop a universal direction. Not because of advanced sports that disregard universal sports, for the glory of the unit that strengthens the short.

Solution 7. To enhance the work of emulation and commendation, advocacy, and ideological education for laborers

The mobilization method is one of the important methods in management activities and volleyball management in particular. In fact, people often apply the method of mental and material encouragement. Emulation and commendation activities are a very positive form of encouragement, helping encourage the will and ability of each person to strive. Therefore, the manager establishes the work of emulation and commendation, which will drive the spirit of the masses to take part in-play sports and help that spirit spread to people. Other, since then, the propaganda, ideological education, raising awareness of training for employees have come easier and more practical.

Every year under the direction of coordination between the District Culture and Sports Center with the leaders of grassroots units and mass organizations to elaborate a volleyball development plan, organize the inspection and fight. Prices and reports on the following targets:

- + The number of people who practice regularly and the percentage of the total population.
- + The number of volleyball clubs in grassroots units and the number of people participating in the practice.
- + The number of people meeting the standards of physical training as prescribed.

The culture and sports center shall coordinate with the district labor union in directing the points, building, and multiplying the advanced model of volleyball in agencies and enterprises, launching the emulation and commendation movement. grassroots units of branches and unions advanced Volleyball according to standards.

For each agency, the enterprise needs to develop specific reward criteria for individuals with achievements in sports competitions in order to stimulate and create motivation for individuals to participate.

Through the work of emulation and commendation of mass organizations such as trade unions, youth unions ... coordinating with other cultural and arts activities to propagate, educate, and improve knowledge. and awareness for employees about the effects, roles, and benefits of Volleyball. At the same time, through Volleyball education for workers about the Party's revolutionary guidelines and ideology, the laws of the State, building a healthy, cultural and healthy life and working way, avoiding evils society.

The grassroots units continued to respond to the movement "Learning and support Ho Chi Minh's moral pattern",

Volleyball activities in the competition “Family connecting love”, the competition. Culture - sports “Sharing the same origin”, the development “Youth and youth practice volleyball, limit abuse of beer and alcohol in life” ... organized by the District Culture and Sports Center.

4. Conclusion

In the analysis process, by the method of synthesizing documents and interviewing the coaches, the topic has proposed explanations to develop the Volleyball movement in Que Son district, Quang Nam province as follows.:

- Raising the understanding and concern of the Party committee, authorities, leaders of grassroots units, mass organizations (trade associations, youth unions ...), and staff workers and employees about the Volleyball work.
- Increase the quantity and improve the quality of facilities for training, support volleyball activities.
- Strengthening and fostering professional qualifications for volleyball officials, guides, and officials.
- Develop programs, develop programs, organization of annual competitions.
- Diversify content and form of practice, develop the club model in the grassroots units.
- Solutions to combine Volleyball with other tasks.
- Enhancing the work of simulation and encouragement, campaigning, and ideological education for laborers.

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