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Selection of solutions to improve the efficiency of physical education for students of university of Hai Duong

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Abstract

Using method of references, methods of observation, sociological surveys, direct interviews and statistical mathematics of the selected topic, creating a basis and premise for the practical application of the process of education and training to improve the effectiveness of physical education for students of University of Hai Duong.

Keywords: solution, physical education, student, University of Hai Duong.

Introduction

Improving the quality of physical education (PE) and university sports is the top task, the focus of each educational and training institution. In fact, there have been many research projects in this field, especially many solutions have been proposed to improve the quality and effectiveness of the PE. But the application of these solutions to practice to bring efficiency is a matter of debate. Especially selecting the solutions to suit the practical conditions of each university, the physical basis of the students, the operation mechanism and the facilities are very important. Stemming from the necessities in improving the quality of training in general conducting research: "Selection of solutions to improve the effectiveness of physical education for students of University of Hai Duong" is very necessary

Research Methods

In the research process, the thesis uses methods: method of reference, method of pedagogical observation, method of interview, pedagogical experiment, social investigation, and method of statistical mathematics.

Research results and discussion

Selection of solutions to improve the effectiveness of the PE for students of University of Hai Duong.

On the basis of practical and theoretical grounds, selecting solutions through reference to documents, pedagogical observations and direct interviews with the lecturers currently working on the field of education at University of Hai Duong and Universities, College nearby. At the same time, referring to the scientific researches on solutions to improve the quality of education and university sports, the topic has proposed 12 solutions to improve the quality of the PE for students of University of Hai Duong. After that, 40 lecturers were interviewed at the Faculty of PE - University of Hai Duong, university leaders, Union leaders, Training Department, Student Affairs Department, etc. The interview results showed that: The thesis identified the contents reaching 80% of the opinions at the necessary level or more to choose solutions to improve the effectiveness of PE including the following 5 solutions:

Solution 1: Improve the content of the program and innovate the method of teaching PE.

Solution 2: Organize extracurricular sports activities for students regularly, focusing on sports that are popular with many students.

Solution 3: Strengthen physical education, willpower as well as awareness of the importance of sports in the university hours.

Solution 4: Develop training and retraining plans to improve the qualifications of the university's lecturers.

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Solution 5: Strengthen socialization in investment in infrastructure to serve education in university.

Development of content for the selected solution

Solution 1: Improve the content of the program and innovate the method of teaching PE.

The purpose of the solution: To adjust the content of the program in accordance with the psychological, physiological and favorite characteristics of students, the professional characteristics and the specific conditions of the university.

Content: Improve the content of the program in the direction of increasing the number of theoretical lessons, focusing on the quality of practical lessons, omitting those that are no longer appropriate, adding some new content to increase the attractiveness to creating excitement for students, in learning and practicing sports. Include standard content of physical training during class and content of assessment and subject examination.

Method: The whole solution team is assigned to educators in the subject of the PE.

Solution 2: Organize extracurricular sports activities for students regularly, focusing on sports that are popular with many students.

The purpose of the solution: Help students gain technology

in a better way and the training process will lead to efficiency. Create and attract students to practice. Help students understand how to organize practice.

Content: Instruct students to grasp the basic technical principles for some sports. Develop some additional exercises to improve technology and develop physical fitness for students. Establish clubs, organize mass sports activities. Expand and strengthen sports competitions in students, engaging students in participating and cheering. Build sports teams for the university.

Method: Communicate with a PE teacher with the ability and enthusiasm to voluntarily participate in guiding the students to practice sports outside the formal time.

Organize training for collaborators on how to implement extracurricular physical training activities, programs and plans for 1 week/subject, from 5:00 pm to 6:00 pm, from Monday to Saturday before conducting experiments. Assign each training session, there is a coacher who takes part in teaching, helping, ensuring and being an arbiter for University of Hai Duong students to participate in extra-curricular sport training. Besides, compiling some sports games and instructions on how to play, some tactical and physical exercises for some sports and instructions on how to practice the exercises. Implementation results: After the implementation of this solution, the results achieved in Table 1 are as follows:

Table 1: Comparing the development of some club indicators, tournaments, Competition content, before and after the solution application

No.	Content	Quantity	
		Academic year 2015 - 2016	Academic year 2016 - 2017
1	Number of sports clubs established	2	6
2	Number of internal sports competitions in the university	2	4
3	The number of tournaments outside the university	3	5
4	Number of students who practice sports regularly (number)	100	250
5	Number of sports competition contents in tournaments	2	5

The results of Table 1 show: The index of the number of clubs, the number of students practicing regularly; Clubs, tournaments inside and outside the university, the sports

competition contents of University of Hai Duong after conducting the application of solutions into experiments are of greater value than before the experiments.

Table 2: Comparing number of students doing extracurricular sports follow their favorite sports before and after the solution application

No.	Club	Number of students		Growth rates W(%)
		Academic year 2015 - 2016	Academic year 2016 - 2017	
1	Table Tennis Club	15	27	57.1
2	Volleyball Club	15	32	72.3
3	Badminton Club	10	25	85.7
4	Football club	5	12	82.3
5	Basketball Club	5	11	75.0

The results in Table 2 show that: The index of the number of students of University of Hai Duong participating in Sports Clubs increased significantly compared with before

implementing the solutions selected and develop by thesis, it will be shown more clearly in Figure 1.

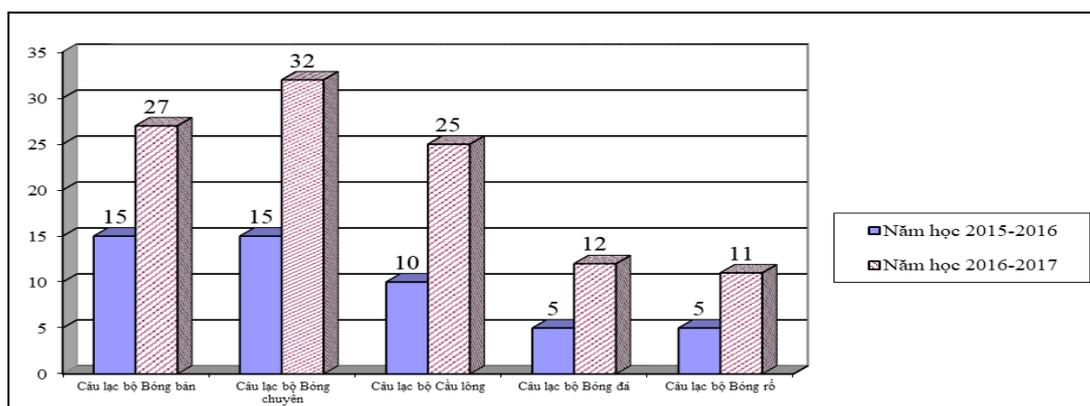


Chart 1: Comparing the number of students doing extracurricular sports follow their favorite sports after the solution application

Solution 3: Strengthen ethical education, willpower as well as awareness of the importance of sports in the university hours.

The purpose of the solution: In order to raise students' awareness and responsibility about the role, meaning and importance of the PE in university in order to widely popularize the knowledge of sports and physical education for students. In order to increase the activeness of daily physical training and exercise to protect and enhance health, improve physical fitness of learning.

Content: Propagating knowledge about the PE's work: training method, practice forms, how to practice for sports as well as competition rules for sports.

Method: Propagate the whole university: Use posters and hang around the campus, dormitories, such as the bulletin boards of the faculties (convenient, easy to observe) by real collaborators show up.

Collaborate with the Youth Union in propaganda through: Pictures, documentaries, through integrating with theoretical lessons in the main lessons and after each extracurricular physical training and sport activity to supplement knowledge about PE for students.

Solution 4: Develop training and retraining plans to improve the qualifications of the university's lecturers.

The purpose of the solution: Help teachers constantly improve their learning to better serve the teaching. This is also the basis for assessing the pedagogical capacity of the university's teaching staff, serving the development of planning

retraining plans and the use of the contingent of lecturers.

Content and method of implementation: Send cadres to attend professional training courses and study at the University. Participate class observation of colleagues, study, exchange and share experiences with colleagues. Participate in pedagogical training for lectures.

Solution 5: Strengthen socialization in investment in infrastructure to serve education in university.

The purpose of the solution: In order to ensure sufficient quantity and improve the quality of facilities, training equipment and other to meet the teaching needs of the PE lecturers, practice of sport and physical training of students, movement activities of extracurricular physical training of university.

Content: Propagate and call enterprises and businesses in the area in writing and through direct meetings, inviting leaders to participate in a number of friendly tournaments and suggesting sponsoring. Renovating yards to serve elective sports and develop sports movement among students. Buy more equipment for teaching and exercise movements.

Method: Mobilize all human and material resources to renovate and repair yards and sport tools for the university. Invest in increasing funding for the university's campus re-planning in order to make good use of the university's existing facilities to build sports facilities and create space for students to practice. The results are shown in Table 3

Table 3: Comparing the development of some criteria for funding for infrastructure and funding for PE before and after experimenting with solutions

No.	Club	Academic year		Increase
		2016 - 2017	2017 - 2018	
1	Funding for repairing infrastructure, purchasing teaching equipment	15 million	38 million	18 million
2	Funding for training and other work	9 million	23 million	14 million
3	Funding for movement prizes in the university	28 million	40 million	12 million
4	Total funding for training and competitions outside the university	35 million	55 million	20 million
5	Remuneration for lectures in charge of the team competing outside the university VND/1 time	VND 60,000	VND 120,000	
Increase				64 million

Table 3 show that: The criteria for funding for infrastructure and funding for PE increased significantly to meet the needs after implementing the application of experimental solutions to increase more than before the experiment.

Conclusions

The research results have selected 5 solutions to improve the effectiveness of the PE for university's students, including: Improve the content of the program and innovate the method of teaching PE; Organize extracurricular sports activities for students regularly; focusing on sports that are popular with many students, Strengthen physical education, willpower as well as awareness of the importance of sports in the university hours; Develop training and retraining plans to improve the qualifications of the university's lecturers; Strengthen socialization in investment in infrastructure to serve education in university.

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