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Solutions to manage models of mass sports in Hanoi, Vietnam

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Abstract

Using the common scientific research methods, the study has evaluated the reality of models of mass sports in Hanoi. On such basis, we have analyzed in detail the advantages and disadvantages of each model and proposed solutions to manage mass sports activities in Hanoi.

Keywords: Model, mass sports, solution, Hanoi, Vietnam

Introduction

Mass sports have very important position in the development of sports in Vietnam. Since the liberation of Vietnam through many stages of development, in the early stage, mass sports have been mainly for the production of post-war economic recovery. As the country began its renovation, the Party and Government have carried out policies to encourage and promote the sports development in the society, especially have emphasized the important role of the models of mass sports clubs. In recent years, the development of sport clubs with abundant and diversified nature, scale and content has confirmed the importance of sports clubs in meeting the needs of enjoying the cultural and spiritual values of the people, building a healthy lifestyle. Besides, the clubs have been a place to discover and foster the sports talents of the country. The mass sports clubs have attracted the investment and development by not only state management agencies from the central to local levels but also various enterprises, non-state companies, individuals and other social organizations.

At present, many models of mass sports have been developed in Hanoi without works to evaluate in detail.

In order to study further the development of mass sports in Hanoi, we have conducted research on the solutions to manage models of mass sports in Hanoi, Vietnam.

Research methods

The research has used the methods of document reference, pedagogical observation, interview, and mathematical statistics.

Results and discussion

Reality of model of mass sports in Hanoi, Vietnam

Learning about mass sports in Hanoi, we have found that in Hanoi, there are various models of mass sports from individual (individual practice), group, the clubs with one and multi sports (managed by private and companies) to the clubs at District Sports Centers (managed by the State) and sports clubs at school (managed by the schools), etc.

Detailed statistics of mass sports clubs in Hanoi are in Table 1.

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Table 1: Reality of models of mass sports in Hanoi, Vietnam.

No.	Types of models	Number	Forms of models		
			Time	Subjects	Management
1	Individual	>1.200.000	Free	Walking, running	Individual practice
2	Group	>2.000	Free	Health preservation, Aerobic, Patin, Dance, Table Tennis, Badminton, Tennis, Football, Basketball, Martial Arts, etc.	Collective practice (with head)
3	Clubs with one and multi sports	1627	Regulated by the club	Table Tennis, Badminton, Basketball, Football, Dance, Martial Arts, Aerobic, etc.	Managed by private and companies
4	Clubs at District Sports Center	16	Regulated by the Center	Table Tennis, Badminton, Tennis, Football, Swimming, Martial Arts	Managed by State agencies
5	Sports clubs at cultural house of ward	212	Regulated by the cultural house	Table Tennis, Chinese Chess, Badminton	Managed by State agencies
6	Sports clubs at school	>700	Regulated by the school	Table Tennis, Basketball, Martial Arts, Football.	Managed by school

Table 1 shows that:

There are 6 models of mass sports in Hanoi, Vietnam, in which the largest number is the individual model, then the group model, the clubs with one and multi sports, sports clubs at school. The models of clubs at cultural house of ward and District Sports Center have lowest number.

Each model is suitable for different sports, but generally, to develop the popular sports such as Athletics, Physical

Education, Table Tennis, Badminton, Tennis, Football, Basketball, Martial Arts, Aerobic, Dance, etc. These are the favorite sports practicing in Hanoi.

Each model has different forms of organization and management as well as different training time.

Specific analysis of advantages and disadvantages by each model is in Table 2.

Table 2: Advantages and disadvantages of mass sports models in Hanoi, Vietnam.

No.	Types of models	Advantages	Disadvantages
1	Individual	<ul style="list-style-type: none"> - The participant have self-consciousness - Time is free - There is no high requirement on training equipment - The participant chooses a suitable location (near the house) - It is not dependent on others - There is no training fee and service 	<ul style="list-style-type: none"> - The exercises do not guarantee the volume and intensity as well as the technique and time requirement because of no instructor. - The space and place of training may not meet the requirement of the hygienic environment - There are simple or no training equipment - The training time is uneven
2	Group	<ul style="list-style-type: none"> - The participants in the group have self-consciousness, promote activeness and initiatives (the skills of the participants are exposed and developed) - The group is based on people with similar interests, regardless of age and gender - The participants have the opportunity to study and exchange experiences with skillful people and have the emulation and effort of each individual in the group. - The head organize and instruct the participants - Exercises have been studied to apply to the training - The practice sites are public places (park, campus greenery, monument, cultural house of ward, etc.) 	<ul style="list-style-type: none"> - Those who practice in the group do not have the same level and age - The practice place is limited by small area - The exercises have been studied but most of the instructors do not have teaching methods - The participants have to equip the necessary training equipment by themselves
3	Clubs with one and multi sports	<ul style="list-style-type: none"> - The training is organized and managed by the head of individuals or enterprises - The participants practice under the rules of the club on time, exercises and other regulations - People are free to choose their favorite sports to practice - The training equipment is modern and invested on tools, space and area. - The instructors are qualified coaches. - The training exercises are according to the lesson of coaches. - The participants have the opportunity to study and exchange experiences with skillful people and coaches and have the emulation and effort in the club. 	<ul style="list-style-type: none"> - The participants have to equip the necessary training equipment by themselves. - The participants must pay fees according to regulations of the clubs.
4	Clubs at District Sports Center	<ul style="list-style-type: none"> - The participants practice under the rules of the Center on time and other regulations - There is some simple training equipment. - The instructors are qualified coaches. - The training exercises are according to the lesson of coaches. - The participants have the opportunity to study and 	<ul style="list-style-type: none"> - There is only a number of sports that do not require high training equipment - The participants have to equip the necessary training equipment by themselves. - The participants must pay fees according to regulations of the Center.

		exchange experiences with skillful people and coaches and have the emulation and effort in the Center.	
5	Sports clubs at cultural house of ward	<ul style="list-style-type: none"> - This is a place for people to practice sports to improve health. - The participants practice under the rules of the Cultural House on time and other regulations - There is some simple training equipment. 	<ul style="list-style-type: none"> - There is only a number of sports that do not require high training equipment - The participants have to equip the necessary training equipment by themselves. - The participants must pay fees according to regulations of the Cultural House.
6	Sports clubs at school	<ul style="list-style-type: none"> - The participants practice under the rules of the school - It creates useful playground for students after hard studying hours. - The self-consciousness and learning spirit of students have been promoted. - There is a lot of training equipment. 	<ul style="list-style-type: none"> - The training time is short, mainly after school (about 30 - 45 minutes, 1 time per week). - The participants have to equip the necessary training equipment by themselves. - The participants must pay fees according to regulations of the school.

Table 2 shows that each model has advantages and disadvantages for participants. For example, the advantage of the individual and group model is the self-conscious by participants, free to choose their favorite training sports. However, the disadvantage is that the exercises do not guarantee the intensity and volume, etc.

As each model has its weakness, studying the solutions to promote the advantages and overcome the disadvantages of each model to develop mass sports in Hanoi is necessary and urgent.

Solutions to manage mass sports in Hanoi, Vietnam

Solutions on mass sports socialization

Socialization is a thorough policy of the Party and State in the process of building the country towards industrialization and modernization in order to bring into full play the responsibility of the entire society in caring for the people and the community and to "solve social problems in the spirit of socialization".

To implement the policy of mass sports socialization in Hanoi, it is necessary to fulfill the four following objectives:

- Transfer all public sports establishments into operation under the mechanism of self-supplying public- utility or non-public services;
- Ensure that the area of land for sports works reaches an average of 3 square meters per person; develop the mass sports movement, mobilize the population proportion of regular sports training to 40%;
- Step by step, create and develop the market of sports services; encourage the development of non-public sport establishments, associations or federations; encourage the professionalization of high- achievement sports, in the immediate future is football.
- Mobilize funding for socialization outside the State budget to invest in sports.
- In order to achieve the above objectives, the following tasks should be done well:
- Form a new thought of socialization promotion to create a new great boost for sport development;
- Strengthen to mobilize and create favorable conditions for all organizations and individuals to invest in mass sports. Involve the participation of social forces in the management and supervision of sports activities;
- Create favorable conditions and adopt mechanisms and policies to encourage and attract social forces (enterprises, social organizations and individuals) to participate directly in organizing the mass sports activities, build mass sport establishments and organizations (sponsorships for training and competition, club establishment, direct organization of sports competition, marketing and entertainment services, etc.).

To encourage all economic sectors to invest in building and developing the following types of sports works:

- Establishments for athlete training
- Sports ground: Football field, court of Volleyball, Badminton, Tennis, Basketball, training ground, stadium, sports complex.
- Swimming pool, jump pool, paddling pool, mixed pool, swimming club, water sports club.
- Sports training hall

Solutions on mass sports human resource training

The human resources of the sports sector have been increasingly active and contributing to the development of social norms, popularization of life skills, improvement of mental and physical health, increase of people's knowledge and education of the homeland love through raising the people's intellectual standard, training human resources, fostering talents and making the well trained and skillful human resources become national advantages towards fast and sustainable socio-economic development and international integration.

To develop human resources for sports, it is necessary to ensure the following specific solutions:

Renovation of mechanisms, policies and laws on sports human resource development

- Build and improve the system of legal framework for the development of sports human resources based on market orientation, diversification, inter-linkages between training levels, forms and with other countries to create favorable environment and conditions for sports human resource development;
- Continue to develop and improve the policy framework and financial mechanism to enhance the mobilization and effective use of resources for human resources development.
- Renovate and improve the policy of employing sports human resources in the context of developing the market economy to promote the human resource development, foster and honor talents, link training with use of human resources, enjoy with talent dedication, results and performance.

Strengthen of cooperation in sports human resource development

- Mobilize and efficiently use domestic resources
- Actively promote international cooperation in order to mobilize resources and integrate with outside parties

Solutions on propaganda and raise of people's awareness of mass sports

- Promote the dissemination and education to raise the awareness of authorities, branches, mass organizations and people about the position and role of sports in socio-economic development
- Research, thoroughly grasp, propagate and introduce the guidelines and policies of the Party and the State on the dissemination of sports information, knowledge, models and training forms.
- Disseminate the current knowledge and regulations of the legal system at home and abroad to create a full awareness and understanding for all people participating in sports practice;
- Strengthen the propaganda, education, guidance and mobilization of people participating in sports activities at grassroots level; preserve and develop the folk games and national sports;
- Propagate and mobilize organizations, individuals and economic sectors in Hanoi on sports development investment, launch the emulation movements "Be healthy for the construction and defense of the Motherland" and the campaign "All the people exercise their body following the example of Uncle Ho", build and multiply the typical examples in mass sports.

Conclusion

1. The models of mass sports in Hanoi are abundant and diversified, contributing to meeting the needs of sports practice by the people. However, the mass sports models in Hanoi still have several disadvantages to overcome.
2. The study has proposed three solutions to manage the mass sports models to promote the advantages and overcome the disadvantages of the models, including solutions on mass sports socialization, solutions on sports human resource training and solutions on propaganda and raise of people's awareness of mass sports.

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