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Dr. Viet Hung Pham
Bac Ninh Sport University, Bac
Ninh, Tu Son, Vietnam

Huu Hieu Ta
Associate Professor, Bac Ninh
Sport University, Bac Ninh, Tu
Son, Vietnam

Dr. Hai Hoang
Faculty of physical education,
Hue University, Hue, Vinh
Ninh, Vietnam

Corresponding Author:
Dr. Viet Hung Pham
Bac Ninh Sport University, Bac
Ninh, Tu Son, Vietnam

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Building contents and forms of mass sport in the industrial and export-processing zones

Dr. Viet Hung Pham, Huu Hieu Ta and Dr. Hai Hoang

Abstract

Using routine research methods to build contents and forms of mass sport in industrial parks and export processing zones to help laborers improve their health, prevent occupational diseases and contribute part to improve productivity, improve cultural and spiritual life for workers and laborers.

Keywords: sport, mass, industrial and export processing zones.

1. Introduction

In the booming era of the fourth industrial revolution, the subject of workers and employees, laborers in industrial parks and export processing zones (IZ - EPZ) occupies a very important position. However, the care of health, material and spiritual life for employees has not been given adequate attention. Due to specific characteristics of work, a large number of workers suffer from occupational diseases. The research and development of contents and forms of mass sport in IZ - EPZ will contribute to improving health, overcoming occupational diseases, improving spiritual life for workers and employees. From there, improve labor productivity, meet the needs of the industrialization and modernization period of the country.

2. Materials and Methods

To solve the task of the topic in the research process, the thesis has used the following main research methods: Methods of document analysis and synthesis; Methods of interview, seminar; Pedagogical observation method.

3. Results & Discussion

3.1 Theoretical basis for determining the content and form of mass sport in industrial parks and export processing zones.

3.1.1 Concept of mass sport and mass sport movement.

According to Nguyen Toan, Pham Danh Ton (2006): "Grassroots sports (the masses) only aim to reach the" movement "level of education, mainly to preserve and improve the general health, fitness and entertainment, recover, serve the main activities - labor, study, work...".

Author Pham Dinh Bam said that: "Mass sport is the voluntary exercise and performance of the people, irrespective of subjects, gender, age, religion...".

3.2. Purpose and principles of mass sport in industrial parks and export processing zones.

3.2.1 Purpose

The purpose of sport among workers is through launching and organizing all workers to participate in physical training and sports activities to improve health, prevent diseases and improve labor efficiency. work, extend the life to serve the goal of building a fair, civilized society towards socialism

3.2.2 Principles of mass sport in IZs and EPZs.

In order to promote and strongly develop physical training and sport activities among workers, it is absolutely necessary to abide by the following 4 basic principles:

- Principles of voluntary amateur.

- Principles depend on people, depending on the place and time.
- Principles of coordination.

4. Developing contents and forms of physical training and sports for workers and laborers in industrial parks and export processing zones.

4.1 Select contents and forms of physical training and sports for workers and employees in industrial zones and Export processing zones.

Through a survey and assessment of the situation of physical training and sports practice in industrial zones and export processing zones, we propose physical training exercises for workers, laborers in 3 groups of subjects: intellectual workers, physical workers and workers with different positions. In order to have a basis for an objective and scientific selection, we conducted interviews with 20 experts who are gym managers, coaches and gymnastics trainers in industrial zones and export processing zones. The result are presented in Table 1.

Table 1: Interview results of choosing sport exercises for workers and laborers in IZs, EPZs.

No	Exercise content		Agree		Disagree	
			n	%	n	%
1	Exercise content of intellectual workers (office workers)	Holding the left hand, bend the elbow, bring it up high, back to the head position (each movement 8 to 10 times)	15	75.00	5	25.00
		Lie on your back with your left leg raised, lowered, brought up and lowered (each movement 8 to 10 times)	16	80.00	4	20.00
		Stand upright, upper body tilted to the left, right hand straightened up (each movement 8 to 10 times)	16	80.00	4	20.00
		Lie on your stomach, right foot pressed to the ground, left foot raised, returning to the original position (each movement 8 to 10 times)	15	75.00	5	25.00
		The ball subjects	18	90.00	2	10.00
		Long distance running	16	80.00	4	20.00
		Climbing	11	55.00	9	45.00
		Rowing	10	50.00	10	50.00
2	Exercise content for physical workers	Average distance running	18	90.00	2	10.00
		Exercise between shift, after shift	17	85.00	3	15.00
		Taichi	7	35.00	13	65.00
		Qigong	8	40.00	12	60.00
		shuttlecock kicking	10	50.00	10	50.00
		Aerobics	17	85.00	3	15.00
		Skipping	16	80.00	4	20.00
		Long distance running	18	90.00	2	10.00
		The ball subject	17	85.00	3	15.00
		Shrink bars	11	55.00	9	45.00
3	The content of the training is for employees with different working positions	Lie on your stomach with pushups	12	60.00	8	40.00
		The ball subject	11	55.00	9	45.00
		Lie on your back with your feet up and hold a banana, lying flat on your stomach.	15	75.00	5	25.00
		Massage or relax your legs	17	85.00	3	15.00
		Long distance running	18	90.00	2	10.00
		Exercise production	17	85.00	3	15.00
		Bicycling	8	40.00	12	60.00
Run in place	7	35.00	13	65.00		
		Qigong	7	35.00	13	65.00

Based on the principle of selecting exercises with 75% or more of interviewed opinions, we have selected exercises according to 3 specific groups of employees, namely:

- Group of exercises for intellectual workers:
 - Holding your left hand, bend your elbows, stretching up, back to your head.
 - Lie on your back with your left leg raised, lowered, brought up, lowered
 - Stand straight, upper body tilted to the left, right hand straight up
 - Lie on your stomach, right foot pressed to the ground, left foot raised, returning to the original position
 - The ball subject
 - Long distance running.
- Group of exercises for physical workers.
 - Average distance running.
 - Exercise between shift, after shift.
 - Aerobics.
 - Long distance running.
 - The ball subject.

- Skipping
- Group of exercises for workers with different working positions.
 - Lie on your back with your feet up and hold a banana, lying flat on your stomach.
 - Massage or relax your legs.
 - Long distance running.
 - Exercise production.

4.2 Exercise content and form for physical workers.

4.2.1 Purpose: Improve health and fitness for employees, help them increase endurance and stamina with different types of physical labor, overcome occupational diseases.

4.2.2 Content and form of physical training and excersies:

Conducting practice between shifts, after the shift should choose subjects, gentle exercises, with large amplitude, with a pregnant rhythm such as walking, slow running, tai chi, qigong, shuttlecock ... Employees can also choose movements that have the opposite direction of operations and movements

in production. For example, people who write a lot should do the action of reaching out their arms back, chest tension.

For those who are familiar with sports activities, it is possible to perform long running exercises, aerobics, skipping, and the ball subject. ...

4.3 Contents and forms of physical training and sports for intellectual workers (in the office).

4.3.1 Purpose

Helping workers overcome some common occupational diseases caused by the characteristics of brain labor such as: cardiovascular weakness, myopia, varicose veins of the upper limb, hunchback, spine pain...

4.3.2 Content and form of physical training and sports.

Practicing football, volleyball, badminton, table tennis, long distance running, aerobics will improve the supply of blood and oxygen to the brain, improve respiratory function, develop endurance, improve coordination between parts of the body.

4.4 Content and form of training for employees with different working postures

4.4.1 Purpose: Help workers improve health, overcome occupational diseases such as: edema of legs, dizziness, easy leg varicose veins.

4.4.2 Training content and form.

In this object, you should choose movements such as lying on your back, bringing your legs up, planting bananas, lying on your stomach, massaging or relaxing your legs or participating in other fun activities.

Long distance running is a very effective means of training to improve the fitness of this object. When done, there should be a regular rotation between contraction and relaxation (stretching) of the legs, and at the same time both hands must argue back and forth to push the circulating blood to quickly bring blood to the heart, enhance the Blood circulation in the legs.

In addition to long distance running, it is also possible to choose swimming, gymnastics, bicycles and the ball subject.

Exercise production

Manufacturing exercise is an exercise for workers working in different parts and occupations to prevent occupational diseases and relieve muscle fatigue. When preparing production exercise, note the following:

Each exercise exercise has 8-10 movements. The set before producing 8 times 8 times, the set after production 8 times 8 times.

Pay attention to the volume. When the heart rate is reached about 100 times / minute, then up 110-120 times / minute. After the recovery, equal to the level before trainin

5. Conclusions

Through the research process, we have built the contents and forms of physical training and exercise for workers and workers in IZs - EPZs according to 3 specific groups of employees. This is an important premise to propose solutions for the development of mass physical movement movement in IZs - EPZs, contributing to improving health, overcoming occupational diseases, thereby improving labor productivity, building life. culture - spirit for workers and employees.

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