



P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (ISRA): 5.38
IJPESH 2020; 7(3): 14-19
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www.kheljournal.com
Received: 10-03-2020
Accepted: 12-04-2020

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Researching measures to enhance extracurricular activities to improve the efficiency of physical education subjects for students of People's police secondary school V

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Abstract

The topic conducted the content and method of implementing extracurricular training measures in order to improve the learning efficiency of the subjects of financial education for students of the People's Police Secondary School V.

Keywords: Measures, physical education, extracurricular activities, people's police secondary school V

Introduction

Put the Issue

The organization of the extracurricular activities still exists, the learning content is still hard, the measures for organizing training activities are not innovative and creative, especially the number of people who voluntarily participate in extracurricular training is very small, so the efficiency of extracurricular lessons for students is very limited. Therefore, how is the organization of extracurricular training, in order to be able to bring practical and long-term effects; how can it be attractive, fascinating and interesting to create interest for students in extracurricular physical training and sport activities?

Research Method

The topic uses the following research methods: method of reading, analyzing and synthesizing documents; method of interview, seminar; pedagogical observation method; sociological investigation method; experimental method of pedagogy; statistical mathematical methods.

Research Results and Discussion

Proposing and applying measures to organize extracurricular training to enhance the efficiency of learning physical education subjects for students of People's Police Secondary School V

Rationale proposed measures

- First of all, it must be based on the curriculum developed by the school that has been approved and promulgated by the relevant Ministries and must follow the program, the content of each sport in the teaching content, especially based on the school's general schedule.
- Based on the purpose, tasks and requirements of physical education subjects for students in the current period.

Principles of selection of measures

Based on the above documents, the topic identifies 4 principles that are highly appreciated by most scholars when choosing solutions, such as: Practical principles; Principles of uniformity; Principle of feasibility and Principles of ensuring science.

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Selecting the method of organizing extracurricular training to improve the effect of physical education subjects for students of People's Police Secondary School V

In order to find out the practical basis of the selected measures, the topic has conducted an interview, the objects of the interview were 40 teachers of relevant units in the school, including: Administrations, Student administration

department, School federation executive committee, Ho Chi Minh Communist Youth Union, Manager of subject groups and physical education teachers. The content of the interview is to determine the priority of the measures to organize extra-curricular training that the topic offers at 3 levels: Priority 1: (Very important); Priority 2: (Important); Priority 3: (Not important). Interview results are presented in Table 1.

Table 1: Interview results of measures to organize extra-curricular training to improve the efficiency of physical education subjects for People's Police Secondary School V (n = 40)

No	The content of the measures	Interview results											
		1st						2nd					
		Priority 1		Priority 2		Priority 3		Priority 1		Priority 2		Priority 3	
		n	%	n	%	n	%	n	%	n	%	n	%
1	Strengthening the political and ideological educational mission and raising awareness about the role, position and efficiency of physical training and sports with students.	40	100	0	0	0	0	40	100	0	0	0	0
2	Building a club model to develop sports movements and competitions.	36	90	2	5	2	5	37	92.5	2	5	1	2.5
3	Adding and cultivating lecturers to raise professional qualifications.	38	95	2	5	0	0	38	95	2	5	0	0
4	Improve teaching methods in a positive way.	35	87.5	3	7.5	2	5	37	92.5	2	5	1	2.5
5	Investing in material facilities, equipments and training tools for physical education subjects.	37	92.5	2	5	1	2.5	39	97.5	1	2.5	0	0

Through the interview results presented in Table 1 show that all 5 measures proposed by the topic are highly appreciated to organize extra-curricular training to improve the efficiency of physical education subjects for the People's Police Secondary School V.

To evaluate the efficiency of the proposed measures, the topic conducted the conformity and feasibility of the proposed measure.

Appreciating the conformity has 3 levels: Very fit, suitable

and not suitable.

Appreciating the feasibility has 3 levels: Very feasible, feasible and not feasible.

In order to ensure the science and objectivity of the evaluation, the subject conducts interviews with administrative officers and educators at the People's Police Intermediate School V. The total number of people seeking opinions is: 40 people. Interview results are presented in Table 2, Table 3.

Table 2: Verification results of the conformity of the measures to organize extra-curricular training to improve the effect of physical education subjects for students of People's Police Secondary School V (n = 40)

No	The content of the measure	Kết quả phỏng vấn				
		Very fit	Suitable	Not suitable	The average value	Rank
		3 points	2 points	1 point	\bar{X}	X_i
1	Strengthening the political and ideological educational mission and raising awareness about the role, position and efficiency of physical training and sports with students.	40	0	0	3	1
2	Building a club model to develop sports movements and competitions.	36	2	2	2.85	4
3	Adding and cultivating lecturers to raise professional qualifications.	38	2	0	2.95	2
4	Improve teaching methods in a positive way.	35	3	2	2.83	5
5	Investing in material facilities, equipments and training tools for physical education subjects.	37	2	1	2.9	3

Through the experimental results in Table 2, the proposed measures are considered suitable with a very high average

score of 2.83 to 3.0 points.

Table 3: Verification results of the feasibility of the measures to organize extra-curricular training to improve the effect of physical education subjects for students of People's Police Secondary School V (n = 40)

No	The content of the measure	Interview Results				
		Very feasible	Feasible	Not feasible	The average value	Rank
		3 point	2 point	1 point	\bar{Y}	Y_i
1	Strengthening the political and ideological educational mission and raising awareness about the role, position and efficiency of physical training and sports with students.	40	0	0	3	1
2	Building a club model to develop sports movements and competitions.	37	2	1	2.9	4
3	Adding and cultivating lecturers to raise professional qualifications.	38	2	0	2.95	3

4	Improve teaching methods in a positive way.	37	2	1	2.9	4
5	Investing in material facilities, equipments and training tools for physical education subjects.	39	1	0	2.98	2

From the data results in Table 3 shows: All 5 measures have the average high feasibility of the peak of measures from 2.9 to 3.0. That means the measures given are very feasible with the actual situation of the school in the current period. To appreciate scientifically the topic conducts a syntopic of

the effect of the solutions through offsets of the suitability and feasibility of measures to organize extra-curricular training to improve the effectiveness of learning physical education subjects for students of People's Police Secondary School V. The general results are presented in Table 4.

Table 4: Syntopic of testing on the conformity and feasibility of measures to organize extra-curricular training to improve the efficiency of physical education subjects for students of People's Police Secondary School V

No	The content of the measure	The conformity		The feasibility		Difference	
		\bar{X}	X_i	\bar{Y}	Y_i	$d = X_i - Y_i$	d^2
1	Strengthening the political and ideological educational mission and raising awareness about the role, position and efficiency of physical training and sports with students.	3	1	3	1	0	0
2	Building a club model to develop sports movements and competitions.	2.85	4	2.9	4	0	0
3	Adding and cultivating lecturers to raise professional qualifications.	2.95	2	2.95	3	-1	1
4	Improve teaching methods in a positive way.	2.83	5	2.9	4	1	1
5	Investing in material facilities, equipments and training tools for physical education subjects.	2.9	3	2.98	2	1	1

From the experimental results show a correlation coefficient $r = 0,85$ represent the suitability and feasibility of closely related solutions.

This shows us the correlation between the suitability and feasibility of 05 measures, showing clearly the measures that have the correspondences between the two levels: conformity, feasibility of these solutions. Therefore, in theory as well as in reality, there are sufficient grounds to synchronously implement these 5 measures to organize extra-curricular exercises to improve the efficiency of learning physical education subjects for students of People's Police Secondary School V.

Applying and evaluating the efficiency of measures to organize extra-curricular training to improve the efficiency of learning physical education subjects for People's Police Secondary School V.

Applying extra-curricular training methods to improve the efficiency of physical education subject for students of People's Police Secondary School V

The selected measures include

Measure 1: Strengthening the political and ideological educational mission and raising awareness about the role, position and efficiency of physical training and sports with students.

Measure 2: Building a club model to develop sports movements and competitions.

Measure 3: Adding and cultivating lecturers to raise professional qualifications.

Measure 4: Improve teaching methods in a positive way.

Measure 5: Investing in material facilities, equipments and training tools for physical education subjects.

Evaluating the efficiency of measures to organize extra-curricular training to improve the efficiency of learning physical education subjects for People's Police Secondary School V

After a year of proposing solutions (school year 2017 - 2018), the project will evaluate the results as follows: Current situation of students' favorite level of extra-curricular practice to improve the efficiency of physical education subjects for People's Police Secondary School V. Attitude to participation in learning is expressed through motivation and interest in learning. Students who are motivated and interested in learning are solid foundations for them to actively study. The topic conducted an interviews with 270 K5S students and compared with the interview results before applying the measures. Interview results are presented in Table 5 and Chart 1.

Table 5: The level of interest of students doing extra-curricular training to improve the efficiency of learning physical education subject for People's Police Secondary School V (n= 270)

Result	Interview results								
	Very interested		Interested		Normal		Not interested		Total
	n	%	n	%	n	%	n	%	
Before application	59	21.85	84	31.11	85	31.48	42	15.56	270
After application	84	31.11	106	39.26	75	27.78	5	1.85	270

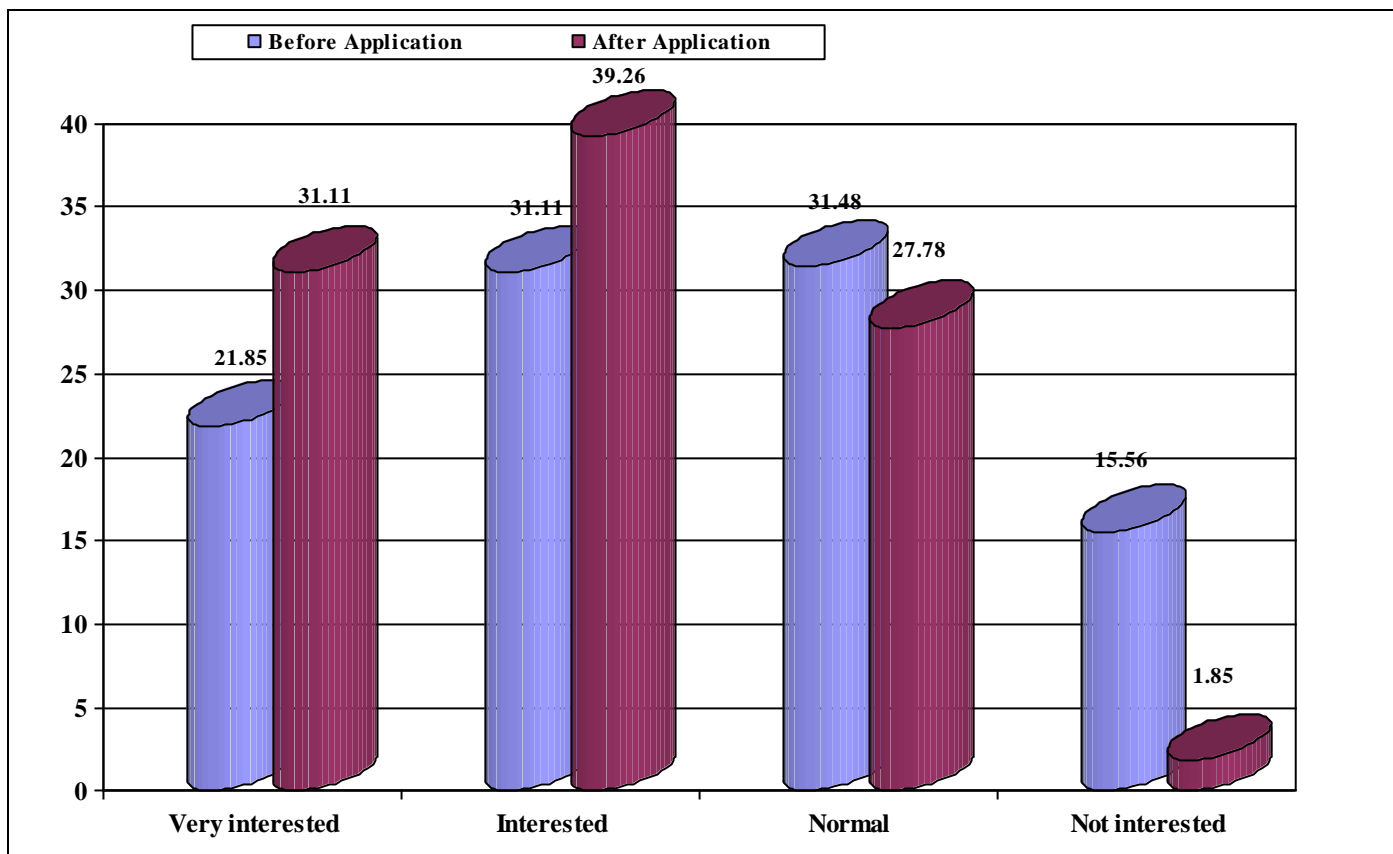


Chart 1: Developments of students' favorite level of extra-curricular exercises to improve the efficiency of learning physical education subjects for People's Police Secondary School V.

The results on table 5 and chart 1 express that after the topic of applying extra-curricular training measures to improve the learning efficiency of physical education subjects for People's Police Secondary School V that the children who love to participate in extra-curricular activities to improve the learning efficiency of physical education subjects have been increased and the percentage of children who do not like them

has been greatly reduced. Through it, the selection and application of extra-curricular training measures to improve the learning efficiency of the physical education subjects for students of People's Police Secondary School V that the project has studied are effective to bring feasibility and in accordance with current fact.

Table 6: Physical fitness results after applying the People's Police Secondary School students' measures according to Circular No.: 24/2013/TT-BCA (n=270)

Courses	Sex	Content test	Targets	Number of students achieved	Percentage %	Number of students not achieved	Rate %
K6S (n= 270)	Male n=248	Running 100m	16"0	241	97.18	7	2.82
		Running 1500m	7'30	244	98.39	4	1.61
		Plank	30	243	97.98	5	2.02
		Long-jump	2,20	239	96.37	9	3.63
	Female n=22	Running 100m	20"0	22	100	0	0
		Running 800m	5'30	22	100	0	0
		Long-jump	1,50	20	90.91	2	9.09

Table 7: Results of comparing physical tests before and after application of student's solutions People's Police Secondary School V according to Circular No.: 24/2013/TT-BCA (n=270)

Courses	Sex	Content test	Targets	After application				Before application			
				Number of students achieved	Rate %	Number of students not achieved	Rate%	Number of students achieved	Rate %	Number of students not achieved	Rate %
K6S (n= 270)	Male n=248	Running 100m	16"0	241	97.18	7	2.82	231	93.15	17	6.85
		Running 1500m	7'30	244	98.39	4	1.61	224	90.32	24	9.68
		Plank	30	243	97.98	5	2.02	228	91.94	20	8.06
		Long-jump	2,20	239	96.37	9	3.63	229	92.34	19	7.66
	Female n=22	Running 100m	20"0	22	100	0	0	20	90.91	2	9.09
		Running 800m	5'30	22	100	0	0	19	86.36	3	13.64
		Long-jump	1,50	20	90.91	2	9.09	15	68.0	7	32.0

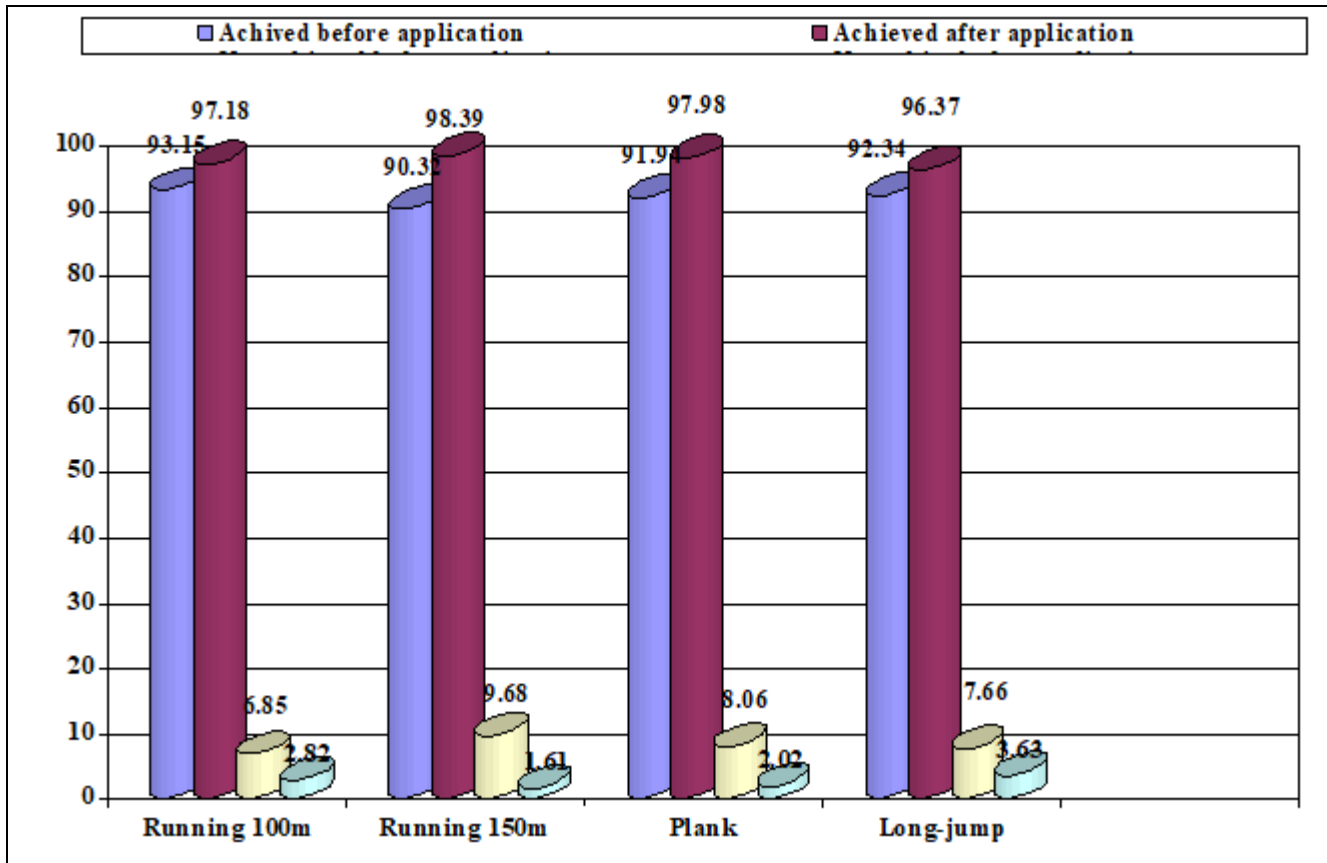


Chart 2: The development of physical state before and after the application of the measures of male students at the People’s Police Secondary School V

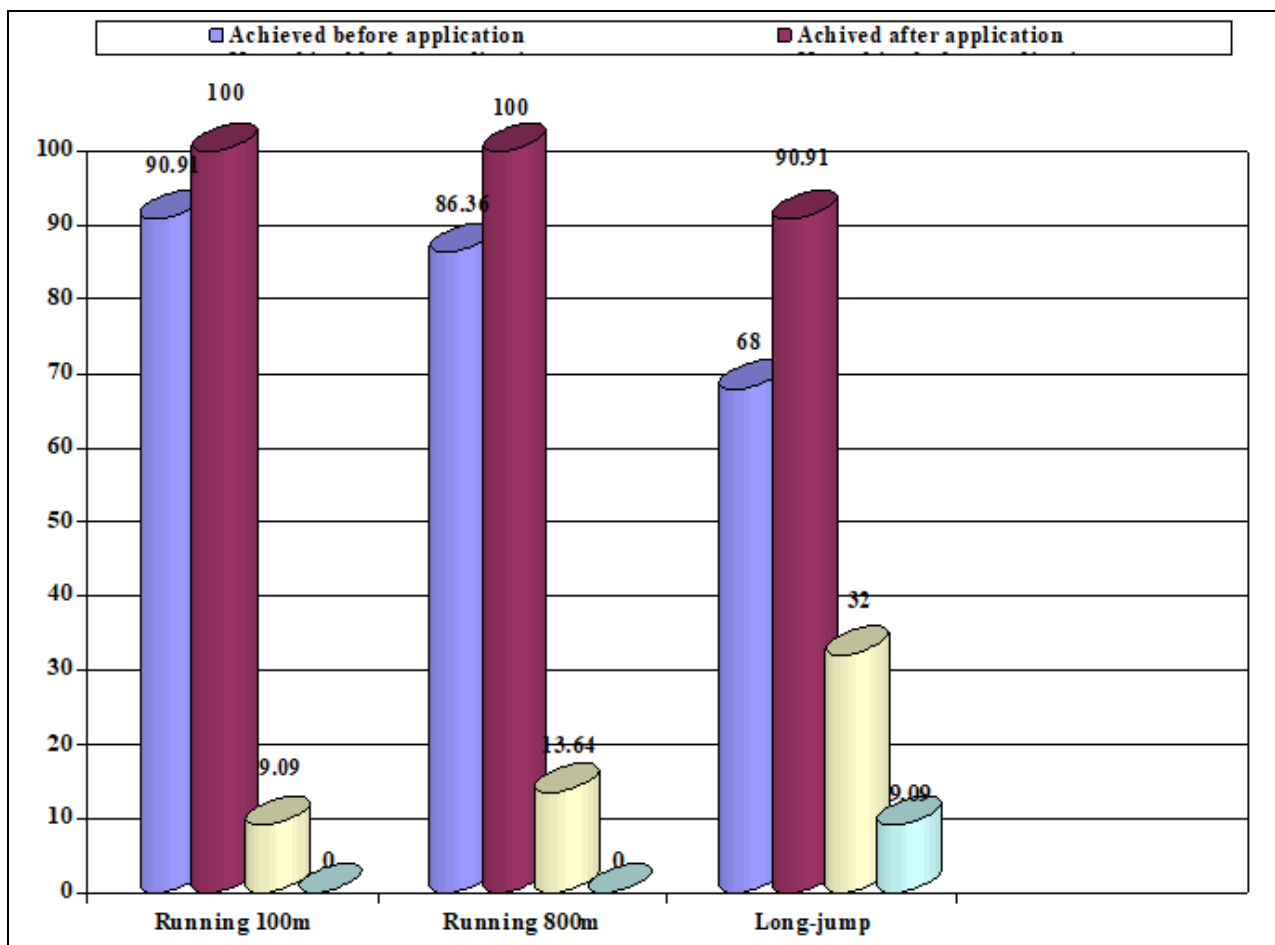


Chart 3: Physical activity before and after the application of the measures of female students at the People’s Police Secondary School V.

Results are in table 6 and chart 2; 3 shows that the physical performance before and after the application of the measures of Female Students at the People's Police Secondary School V in achieved level has increased to 96.37 to 98.39%; the "not achieved" level reaches the reduction rate of 1.61 to 3.63% for men; in the achieved level has increased from 90.91 to 100%; the "not achieved" level reaches the reduction rate from 0 to 9.09% for women.

Thus, after the topic has applied the measures of organizing extra-curricular training to improve the learning efficiency of the physical education subjects for students of People's Police Secondary School V showing the physical strength before and after the application of the People's Police Secondary School V student's solution has been increased and the rate of "not achieved" children has been greatly reduced. This expressed that the selection and application of measures to organize extra-curricular training to improve the efficiency of physical education subjects for the People's Police Secondary School V students - the studied topic has a feasible effect and in line with current fact.

Conclusion

With 05 proposed solutions in teaching practice, after one year, there are positive results when the measures to organize extra-curricular training to improve the learning efficiency of physical education subjects for the People's Police Secondary School V have reached the conformity and the highly feasible ($r = 0,85$). This shows that the solutions that the project has proposed have been remarkably effective. This confirms the efficiency of the selected solutions.

Favorite extra-curricular training to improve the learning efficiency of physical education subjects for People's Police Secondary School V has increased to 31.11%; the liking level was 39.26%; at normal level the rate has reduced at 27.78%; in the "not like" level has also reduced and taken a rate 1.85%.

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