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Actual situation of extracurricular activities of people's police secondary school V

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Abstract

Based on the current state of the situation and the main reasons for affecting the quality extracurricular activities since then proposed measures to enhance extracurricular activities to improve the effectiveness of physical education subjects for students of the People's Police Middle School V.

Keywords: Physical education, extracurricular activities, people's police middle school V

Introduction

Physical Education in schools is an important educational aspect of the comprehensive education content, including education, virtue, aesthetics, physical education and labor. At the People's Police Secondary School V in recent years, the Physical Education and Sports movement is facing many difficulties, the lack of facilities, yards, equipments, the quantities and qualities of the staff is still lacking and not yet standardized in terms of qualifications, curriculum content, teaching methods, formal activities, extracurricular activities and many other reasons that have affected the quality of the sport practice movement, especially the quality of Physical Education. From the above fact, it is essential to research and find out the basic causes. Since then proposing effective measures enhances extracurricular activities to improve the efficiency of physical education as well as physical training and sports movement for students.

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

Current state of the situation of physical education work at People's Police Secondary School V

Current state of the situation of physical education subject program of People's Police Secondary School V

The curriculum of Physical Education modules at the school is built on the basis of the regulations of the Ministry of Education and Training and the framework program of professional secondary education issued by the Ministry of Public Security, ensuring the systematic, demonstrating the objectives of training and human resource needs of the Public Security sector. The specific contents are distributed, as presented in Table 1.

The course curriculum has detailed objectives, content, time, conditions, methods of implementation and is adapted to the school's mission.

Current state of the situation of Physical Education teachers of People's Police Secondary School V

Along with the development of the school, the Department of Military Martial Arts - Sports and Physical Education has constantly grown and matured both in quantity and quality of teachers and coaches. The results of the teacher survey are presented in Table 2.

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Table 1: The contents of Physical Education subjects program of People's Police Secondary School V

Contents	Theory	Other teaching stages			Total number of periods
		Passed	Practice	Test	
Chapter 1: General theory of physical education.	04	0	0	0	04
Chapter 2: Running short distance of 100m technique	0	01	12	01	14
Chapter 3: Running medium distance technique (800m – 1500m)	0	01	19	01	21
Chapter 4: Long-jump technique	0	01	12	01	14
Chapter 5: High-jump technique	0	01	15	01	17
Chapter 6: Single arm contraction technique	0	01	12	01	14
Chapter 7: Swimming frog technique	0	02	39	01	42
Total	04	07	109	06	126

Table 1: Actual situation of physical education teachers' staff of People's Police Secondary School V (n=20)

No	Degree			Sex		Seniority		
	Bachelor	Master	Doctor	Male	Female	> 10 years	5 - 10 years	< 5 years
n	18	2	0	19	1	1	17	2
%	90	10	0	95	5,0	5,0	85	10

Through Table 2, we can see that the school has a staff of teachers who teach the Physical Education to meet the teaching needs, 100% of sports teachers have bachelor's degree or higher, including 2 teachers with Master's degree. The majority of young teachers, under 30 years old accounted for the largest proportion of 15 comrades accounting for 75%, the number of male teachers accounted for 95%. These are favourable conditions for the development of physical

education work at the People's Police Secondary School V.

Actual situation of facilities serving physical education of People's Police Secondary School V

In order to assess the actual situation of facilities of the People's Police Secondary School V, the topic conducted a survey and evaluated all the entire school yard equipment in 2018. The results are presented in Table 3.

Table 3: Actual situation of facilities serving physical training and sports at People's Police Secondary School V

No	Facilities	Quantity	Quality
01	Athletics track (400m)	01	Pretty
02	Short running track (100m)	04	Pretty
03	Long-jump hole	04	Medium
04	High-jump kits	05	Good
05	Training ground arranged single bars and double beams	04	Pretty
06	Football pitch with artificial grass (11 people)	01	Good
07	Football pitch with artificial grass (5 people)	02	Good
08	Volleyball court	04	Pretty
09	Gymnasium	01	Medium
10	Toilets for physical training and sport activities	04	Medium
11	Canteen	02	Good
12	Infirmary	01	Good

Actual situation of facilities serving the practice of students The People's Police Secondary School V used from the 2017-2018 school year in general, the density of use of facilities is guaranteed rate in each school period. However, with the large number of students today, the above facilities have not met the needs of diverse subjects and extracurricular sports activities for students.

Actual situation of extracurricular sports activities at People's Police Secondary School V

Actual situation of extracurricular training activities for students of People's Police Intermediate School V

To assess the actual situation of extracurricular physical training activities of the People's Police Secondary School V about the level of interest in participating in extracurricular activities, the topic interviewed 420 students. Interview results are presented in Table 4.

Table 4: Frequency of participation in extracurricular activities of the People's Police Secondary School V (n= 420)

Extracurricular activities	Interview results					
	Regularly		Occasionally		Non participation	
	n	%	n	%	n	%
	160	38.09	155	36.90	105	25.0

The results presented in Table 4 show that the frequency of regular participation in extracurricular activities of People's Police Secondary School V only reached 38.09%; the occasional rate of 36.90%; at the level of non-participation accounted for 25%. Thus, there is a contradiction that while the majority of children regularly and occasionally participate in extracurricular activities, the opposite is true, 25% do not participate in extracurricular activities.

Current situation of physical strength of students of People's Police Secondary School V

To assess the physical strength level of students of the People's Police Secondary School V, the topic has used the tests specified in the Circular No. 24/2013/TT-BCA. In particular, for male there are 4 tests (running 100m, 1500m, long-jump, plank or single arm contraction), 3 tests for female (running 100m, 800m, long - jump). Test results are presented in Table 5.

Table 5: Results of physical strength examination of students of People's Police Secondary School V according to Circular No.: 24/2013/TT-BCA (n=420)

Course	Sex	The content of test	Targets	The number of achieved students	Rate %	The number of not achieved students	Rate %
Course 5S (n= 270)	Male n=251	Running 100m	16"0	234	93,23	17	6,77
		Running 1500m	7'30	227	90,44	24	9,56
		Plank	30	231	92,03	20	7,97
		Long-jump	2,20	232	92,43	19	7,57
	Female n=19	Running 100m	20"0	17	89,47	2	10,53
		Running 800m	5'30	16	84,21	3	15,79
		Long-jump	1,50	17	89,47	2	10,53
Course 6S (n= 150)	Male n=128	Running 100m	16"0	109	85,16	19	14,84
		Running 1500m	7'30	103	80,47	25	19,53
		Plank	30	106	82,81	22	17,19
		Long-jump	2,20	108	84,38	20	15,63
	Female n=22	Running 100m	20"0	20	90,91	2	9,09
		Running 800m	5'30	19	86,36	3	13,64
		Long-jump	1,50	20	90,91	2	9,09

From the results of Table 5: The rate of students who do not meet each of the criteria of the physical strength is relatively high, from 6.77% to 19.53% for men and from 9.09% to 15.79% for women. Since then, it was found that the physical strength of the People's Police Secondary School V students is still relatively low.

Conclusion

From the results of this research, it is allowed to draw the following conclusions:

The course curriculum has shown details of the objection, content, time, conditions, methods of implementation and is adapted to the school's mission.

The school has a staff of teachers teaching physical education ensuring teaching needs, 100% of sports teachers with bachelor's degree or higher, including 2 teachers with Master's degree. Most teachers are young, under 30 years old accounted for the largest proportion of 15 comrades accounting for 75%, the number of male teachers accounted for 95%. These are favorable conditions for the development of physical education work at the People's Police Secondary School V.

With a large number of students at present, the above facilities have not met the needs of diverse subjects and extracurricular sports practice for students. Extracurricular physical training and sport movement at school is limited, not really effective as expected. The physical strength of the People's Police Secondary School V students is still relatively low.

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