



International Journal of Physical Education, Sports and Health

P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (ISRA): 5.38
IJPESH 2020; 7(3): 46-48
© 2020 IJPESH
www.kheljournal.com
Received: 01-03-2020
Accepted: 03-04-2020

Dr. Nguyễn Xuân Hùng
Da Nang University of Sports
and Physical Training, Vietnam

Applying the measures to enhance the quality of physical education for non-intensive students of Ha Tinh University

Dr. Nguyễn Xuân Hùng

Abstract

This article is the result of a study of the situation of physical education work at Ha Tinh University. On that basis, selecting some measures to contribute to improving the quality of teaching physical education for students of Ha Tinh University, thereby enhancing the efficiency of physical education of the school.

Keywords: Physical education, application, measure, enhance, Ha Tinh University

1. Introduction

1.1 Put The Issue

In the socialist economic development strategy of the country under the socialist orientation, human health is valuable. Currently, Universities - Colleges tend to grow in size and diversify types of training. With the strong growth in the number of students today, the issue of ensuring the quality of education including physical education is a big challenge.

Ha Tinh University over 10 years of construction and growth, the University has been asserting the position and size of training. In addition, the University also attaches great importance to the physical education of students. Especially enhancing the quality of physical education for students, helping them achieve the best psychological and health condition to complete the course at the university as well as the later work process.

2. Research Method

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

3. Research Result

3.1. Applying some measures in practicing the physical education at Ha Tinh University

3.1.1. Measures to apply in practice.

We can only apply measures 1, 2, 3, 4, 5 and 6. Specific measures to be applied include:

Measure 1. Enhancing the quantity and quality of physical education teachers.

Measure 2. Organizing friendly tournaments and competitions between blocks and classes together with foreign students abroad.

Measure 3. Fostering and instructing methods of physical training and sports for students.

Measure 4. Innovating methods of teaching physical education accordingly.

Measure 5. Organizing and strengthening extracurricular activities.

Measure 6. Organizing propaganda, increasing awareness of the meaning and role of physical education in universities for students.

3.1.2. Application organization

Experimental subjects were divided into 2 groups:

- The verified group: including 100 students (53 male and 47 female).

- The experimental group: including 100 students (52 male and 48 female). Application of the global measures 1, 2, 3, 4, 5 and 6.

Corresponding Author:
Dr. Nguyễn Xuân Hùng
Da Nang University of Sports
and Physical Training, Vietnam

3.1.3. Experimental results

3.1.3.1. Results of physical testing of two groups before the experiment

Table 1: Results of the physical strength test of two groups before the experiment

Serial	Test	The experimental group	The verified group	t	p
		$\bar{x} \pm \delta$	$\bar{x} \pm \delta$		
I	Male	(n = 52)	(n = 53)		
1	Preferred hand squeeze forces (kg)	42.02 ± 3.34	41.7 ± 3.68	0.253	> 0.05
2	Crunches in 30s	17 ± 1.74	18 ± 1.82	1.697	> 0.05
3	Long-jump (cm)	198.5 ± 14.26	201.47 ± 15.7	1.719	> 0.05
4	Running 30m with a high start (s)	5.54 ± 0.43	5.71 ± 0.45	0.341	> 0.05
5	Running shuttle 4x10m (s)	12.30 ± 0.56	12.33 ± 0.68	0.229	> 0.05
6	Running for 5 minutes at your own pace (m)	977 ± 22.52	980 ± 20.06	1.481	> 0.05
II	Female	(n = 48)	(n = 47)		
1	Preferred hand squeeze forces (kg)	26.93 ± 3.98	26.8 ± 4.12	0.158	> 0.05
2	Crunches in 30s	17 ± 1.73	18 ± 1.63	1.753	> 0.05
3	Long-jump (cm)	142.71 ± 15.72	145.2 ± 12.05	1.591	> 0.05
4	Running 30m (s)	6.55 ± 0.51	6.5 ± 0.65	0.148	> 0.05
5	Running shuttle 4x10m (s)	12.99 ± 0.89	12.98 ± 0.86	0.024	> 0.05
6	Running for 5 minutes at your own pace (m)	887 ± 15.62	890 ± 13.77	1.783	> 0.05

The results in Table 1 show that the initial fitness level test according to the standards of the physical strength of the two groups that: $t_{\text{count}} < t_{\text{board}}$ the difference is not statistically significant at the probability threshold $P > 0.05$. In other words, the physical strength level of the two research groups

in the pre-experimental period is similar.

3.1.3.2. Results of fitness test of the two groups after the experiment

Table 2: Test results of the experimental groups after the experiment

Serial	Test	The experimental group		T	p
		Before ($\bar{x} \pm \delta$)	After ($\bar{x} \pm \delta$)		
I	Male	(n = 52)			
1	Preferred hand squeeze forces (kg)	42.01 ± 3.34	44.56 ± 2.98	3.240	< 0,05
2	Crunches in 30s	17 ± 1.74	21 ± 1.65	6.954	< 0,05
3	Long-jump (cm)	198.6 ± 14.26	208.31 ± 12.35	5.828	< 0,05
4	Running 30m with a high start (s)	5.55 ± 0.43	4.98 ± 0.17	2.217	< 0,05
5	Running shuttle 4x10m (s)	12.25 ± 0.56	11.45 ± 0.20	2.646	< 0,05
6	Running for 5 minutes at your own pace (m)	977 ± 22.52	997 ± 17.65	9.77	< 0,05
II	Female	(n = 48)			
1	Preferred hand squeeze forces (kg)	26.94 ± 3.98	29.77 ± 3.21	3.359	< 0,05
2	Crunches in 30s	17 ± 1.73	20 ± 1.55	5.292	< 0,05
3	Long-jump (cm)	142.65 ± 15.72	156.32 ± 11.58	7.931	< 0,05
4	Running 30m (s)	6.55 ± 0.51	5.89 ± 0.22	2.410	< 0,05
5	Running shuttle 4x10m (s)	12.99 ± 0.89	11.56 ± 0.38	3.958	< 0,05
6	Running for 5 minutes at your own pace (m)	887 ± 15.62	938 ± 10.09	29.66	< 0,05

The results in Table 2 show that the physical strength of the experimental group before and after the experiment expressed the significant differences in all tests. ($t_{\text{count}} > t_{\text{board}}$ with $P < 0.05$).

Table 3: Test results of the verified group after the experiment

Serial	Test	The verified group		t	p
		Before $\bar{x} \pm \delta$	After $\bar{x} \pm \delta$		
I	Male	(n = 53)			
1	Preferred hand squeeze forces (kg)	41.8 ± 3.68	43.78 ± 3.1	2.404	< 0,05
2	Crunches in 30s	18 ± 1.82	20 ± 1.75	3.390	< 0,05
3	Long-jump (cm)	201.56 ± 15.7	198.72 ± 13.56	1.675	> 0,05
4	Running 30m with a high start (s)	5.65 ± 0.45	5.37 ± 0.19	1.091	> 0,05
5	Running shuttle 4x10m (s)	12.33 ± 0.68	11.7 ± 0.23	2.047	< 0,05
6	Running for 5 minutes at your own pace (m)	980 ± 20.06	985 ± 18.56	2.573	< 0,05
II	Female	(n = 47)			
1	Preferred hand squeeze forces (kg)	26.8 ± 4.12	28.6 ± 3.86	2.039	< 0,05
2	Crunches in 30s	18 ± 1.63	17 ± 1.56	1.793	> 0,05
3	Long-jump (cm)	145.2 ± 12.05	148.24 ± 11.68	1.999	< 0,05
4	Running 30m with a high start (s)	6.5 ± 0.65	6.13 ± 0.35	1.162	> 0,05
5	Running shuttle 4x10m (s)	12.98 ± 0.86	11.86 ± 0.65	2.895	< 0,05
6	Running for 5 minutes at your own pace (m)	890 ± 13.77	912 ± 10.13	14.278	< 0,05

The results in Table 3 show that the physical strength of the verified group before and after the experiment almost had a difference in probability threshold $p < 0.05$. However, there are

also some physical qualities that tend to go down through the tests.

Table 4: Results of the physical strength test of the two groups after the experiment

Serial	Test	The experimental group	The verified group	T	p
		$\bar{x} \pm \delta$	$\bar{x} \pm \delta$		
I	Male	(n = 52)	(n = 53)		
1	Preferred hand squeeze forces (kg)	44.56 ± 2.98	43.78 ± 3.1	1.99	< 0.05
2	Crunches in 30s	21 ± 1.65	20 ± 1.75	1.97	< 0.05
3	Long-jump (cm)	208.31 ± 12.35	198.72 ± 13.56	6.022	< 0.05
4	Running 30m with a high start (s)	4.98 ± 0.17	5.37 ± 0.19	2.076	< 0.05
5	Running shuttle 4x10m (s)	11.7 ± 0.2	11.45 ± 0.23	2.18	< 0.05
6	Running for 5 minutes at your own pace (m)	997 ± 17.56	985 ± 18.56	6.391	< 0.05
II	Female	(n = 48)	(n = 47)		
1	Preferred hand squeeze forces (kg)	29.77 ± 3.21	28.6 ± 3.86	1.98	< 0.05
2	Crunches in 30s	20 ± 1.55	17 ± 1.56	5.455	< 0.05
3	Long-jump (cm)	156.32 ± 11.58	148.24 ± 11.68	5.371	< 0.05
4	Running 30m (s)	5.89 ± 0.22	6.13 ± 0.35	2.01	< 0.05
5	Running shuttle 4x10m (s)	11.56 ± 0.38	11.86 ± 0.65	2.09	< 0.05
6	Running for 5 minutes at your own pace (m)	938 ± 10.09	912 ± 10.13	18.541	< 0.05

The results given in Table 4 show that, in all test contents between the experimental and verified groups are shown $t_{count} > t_{board}$ at the probability threshold $p < 0,05$. This showed that the physical strength of the experimental group was much

higher than the verified group.

3.1.3.3. Evaluating the efficiency of measures through determining the growth rhythm

Table 5: Comparison of the physical strength of the growth rhythm of the 2 groups

TT	Test	\bar{X}_a	\bar{X}_{a1}	\bar{X}_b	\bar{X}_{b1}	Wa (%)	Wb (%)
I	Male						
1	Preferred hand squeeze forces (kg)	41.8	43.78	42.01	44.56	4.63	5.89
2	Crunches in 30s	18	20	17	21	10.53	21.05
3	Long-jump (cm)	201.56	198.72	198.6	208.31	1.42	4.77
4	Running 30m with a high start (s)	5.65	5.37	5.55	4.98	5.08	10.83
5	Running shuttle 4x10m (s)	12.33	11.7	12.25	11.45	5.24	6.75
6	Running for 5 minutes at your own pace (m)	980	985	977	997	0.51	2.03
II	Female						
1	Preferred hand squeeze forces (kg)	26.8	28.6	26.94	29.77	6.50	9.98
2	Crunches in 30s	18	17	17	20	5.71	16.22
3	Long-jump (cm)	145.2	148.24	142.65	156.62	2.07	9.34
4	Running 30m (s)	6.5	6.13	6.55	5.89	5.86	10.61
5	Running shuttle 4x10m (s)	12.98	11.86	12.99	11.56	9.02	11.65
6	Running for 5 minutes at your own pace (m)	890	912	887	938	2.44	5.59

The results obtained above, in our opinion, are completely appropriate, whereas the experimental group, in addition to the impact through awareness raising, organizational strengthening and movement management, the organization, club building, content and program improvement, organize competition activities that have a positive effect on the object of study shown.

4. Conclusion

The research process has selected 6 measures to enhance the quality of physical education for students of Ha Tinh University. We believe that the application of the above six measures will bring greater efficiency in physical education for students of Ha Tinh University.

5. References.

- Duong Nghiep Chi. Sports measurement, Sports Publishing, Hanoi, 1991.
- Pham Dinh Bam. Some basic issues about physical training management - Monographs for students of

physical training and postgraduate, Sports Publishing, Hanoi, 2005.

- Dong Van Trieu, Le Anh Tho. Theory and method of physical education in schools, Sports Publishing, Hanoi, 2000.
- Nguyen Toan, Pham Danh Ton. Theory and Methods of Sports, Sports Publishing, Hanoi, 2000.
- Decision 14/2001/QĐ (03/5/2001) of Ministry of Education and Training on the promulgation of regulations on physical education and school health