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Assess the situation of extracurricular practice movement on the volleyball subject of students at Danang college of commerce

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Abstract

The extracurricular practice movement on the volleyball subject of students is dominated by many objective factors and conditions, especially, it depends on the awareness level of managers at all levels, lecturers, and students. In addition, it depends on the conditions of the grounds, tools, and qualifications of instructors, funding for competition as well as training, etc. to step up the volleyball movement among students with the aim to use it as an effective means of physical education for students.

Keywords: Assess, practice movement, extracurricular, volleyball, college of commerce

1. Introduction

1.1 Rationale

Volleyball is a special sport that is loved by the cadres and students of Da Nang Commercial College, but its development is still limited due to the lack of favorable conditions to ensure consistency. Therefore, studying the measures to continue developing and improving the quality of the professional volleyball movement of students in general and at Da Nang Commercial College in particular will contribute to the core role of mass volleyball movement of Danang city.

2. Research Methods

The research process used the following methods: Methods of summarizing and analyzing documents. Method of interviewing discussion; Method of pedagogical observation. Statistical mathematical methods.

3. Research Results and Discussion

1. Assesst The Situation Of Volleyball Extraticualr Practice Movement Of Students At Da Nang College Of Commerce
2. The situation on the physical education program for students of Danang College of Commerce.

3.1 The physical education program and the curriculum of volleyball subjects for students of Danang College of Commerce

The total time for the whole course of the physical education program is 90 lessons that are divided into 03 modules. The overall grade point average of the three modules is the point at the end of the course and is considered for issuing the physical education certificate.

The specific content of subjects in the physical education program for students of Danang College of Commerce is presented in Table 1.

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Table 1: Content of the physical education program for students of Da Nang College of Commerce

Semester	Subject	Content				Total
		Theory	Practice	Examination	Total	
I	Compulsory subject:					
	Physical education in Universities and Colleges.	02	-		02	30
	Technique of 100m short distance running	-	06	02	08	
	Long jumping technique with hang style	-	06	02	08	
	Hands-free general development exercise with 80 continuous rhythms	-	10	02	12	
II + III	Elective Subject:					
	1. Volleyball	05	49	06	60	60
	2. Badminton.	05	49	06	60	60
Total						90

At each module, the basic subject prescribes the conditions for students to be eligible for taking the examination as follows:

- Participating in studying, practicing in full time as prescribed.
- Qualifying the practical content prescribed in the module.
- Having the sense of discipline, good ethics.

3.2 The situation on the content and methods of organizing the sport teaching process

3.2.1 In terms of content: Including two parts: theory and practice

- **The part of general theory and expertise:** Meet the requirements of the program prescribed and the learning process of students.
- **The part of practice:** The content of the program

includes compulsory subjects (some sports subjects such as short running, long jump, general development exercises) and elective subjects (badminton or volleyball).

3.2.3 In terms of the method of organizing the educational process

The subject conducts the organization of physical education process for students in two forms of internal and extracurricular.

3.3 The situation on the physical capacity of students at Danang College of Commerce

3.3.1 The situation on learning results of subjects in physical education program and volleyball subjects of students at Da Nang College of Commerce (Table 2)

Table 2: Learning results of theory and practice of physical education subject of students at Da Nang college of commerce in the 2006-2007 school year.

Subject	Content	First year (n = 807)			Second year (n = 802)			Third year (n = 811)		
		Good (%)	Qualified (%)	Not qualified (%)	Good (%)	Qualified (%)	Not qualified (%)	Good (%)	Qualified (%)	Not qualified (%)
Physical Education	Theory	2.12	40.57	57.31	5.44	50.78	43.78	6.23	51.14	42.63
	Practice	12.10	62.39	25.51	13.16	65.18	21.66	14.56	68.14	17.30
Volleyball	Theory	-	-	-	5.39	55.87	38.74	-	-	-
	Practice	-	-	-	13.04	69.76	17.20	-	-	-

The results obtained in Table 2 show

- Theoretical scores are low in the first school year and increase insignificantly in the second and third years. The number of students who do not qualify the theoretical scores in the first year is quite high (57.31%) and decreases in the third year (42.63%). The theoretical scores at good and excellent grades are very low (accounting for 2.12% to 6.23%).
- In terms of practical scores, the number of students who do not qualify is quite high, in the first year it is 25.51%, the second year, it reduces to 21.66% and in the third year, it is 19.60%. Although the proportion of practical scores is 62.39% in the first year, 65.18 in the second year, and 68.14 in the third year, the number of excellent

and good grades is not high (accounting for 12.10% to 14.56%).

- The learning results of volleyball subjects are similar to the results above, the number of students with good grades (in both theoretical and practical content) accounts for a low rate of 5.39% and 13.04%, which are mainly ranked at a qualified level (accounting for over 55.00%).

3.3.2 The situation on the physical capacity of students at Danang College of Commerce

The subject conducts the survey of physical strength levels of students through the physical training standards of the Ministry of Education and Training. The results are presented in tables 3 and 4.

Table 3: Results of assessing the situation of physical capacity through the content and standards for the physical training of students at Da Nang College of commerce in the 2006-2007 school year.

No.	Test Content	First year				Second year				Third year			
		Standards of physical training at qualified level	Test results ($\bar{x} \pm \delta$)	Number of people reaching the target	Rate %	Standards of physical training at qualified level	Test results ($\bar{x} \pm \delta$)	Number of people reaching the target	Rate %	Standards of physical training at qualified level	Test results ($\bar{x} \pm \delta$)	Number of people reaching the target	Rate %
Male students			n = 436				n = 496				n = 432		
	Running 50m with high start(s)	7.90	7.98±0.97	327	75.00	7.70	7.73±0.78	391	78.83	7.60	7.64±0.76	349	80.79
	Running 1000m (s)	240.00	242.24±25.13	226	51.83	230.00	236.68±24.12	277	55.85	220.00	227.13±23.36	245	56.71
	Long jumping with no momentum (cm)	200.00	208.27±23.41	301	69.04	210.00	226.46±23.47	359	72.38	220.00	237.61±23.05	324	75.00
	Arms folding in the horizontal bar (time)	7.00	7.72±0.97	296	67.89	8.00	8.15±0.94	352	70.97	9.00	9.75±0.89	316	73.15
Female students			n = 371				n = 306				n = 379		
	Running 50 m (s)	9.50	9.62±0.98	254	68.46	9.20	9.60±0.95	243	79.41	9.00	9.57±0.95	313	82.59
	Running 500m (s)	160.00	162.71±16.51	217	58.49	155.00	158.49±15.78	188	61.44	150.00	155.16±16.02	250	65.96
	Long jumping with no momentum (cm)	150.00	155.70±16.76	232	62.53	155.00	157.82±16.33	226	73.86	160.00	168.52±16.33	302	79.68
	Arms hanging 90° on the horizontal bar (s)	4.00	4.14±0.52	206	55.53	5.00	5.04±0.62	214	69.93	6.00	6.78±0.86	267	70.45

Table 4: Summarizing the results of students qualifying training physical standards

No.	Content	Male students (n = 1364)		Female students (n = 1056)		Total (n = 2420)	
		Number of students reaching the target	Rate %	Number of students reaching the target	Rate %	Number of students reaching the target	Rate %
	Running 50m with high start(s)	1067	78.23	810	76.70	1877	77.56
	Running 1000 m (male students), running 500 m (female students) (s)	748	54.84	655	62.03	1403	57.98
	High jumping with no momentum (cm).	984	72.14	760	71.97	1744	72.07
	Arms folding in the horizontal bar (male) (time), Arms hanging 90° on the horizontal bar (female) (s).	964	70.67	687	65.06	1651	68.22

The results obtained in tables 3 and 4 show

- The rates of students who qualify each criterion of the physical training standard increase gradually from the first year to the third year, but the level of increase is not much.
- The number of students qualifying the strength evaluation standards is quite high.
- + Strength of upper limbs: Male reaches 70.67%; Female reaches 65.06%
- + Strength of lower limbs: Male reaches 72.14%; Female reaches 71.97%
- The number of students qualifying the standards of fast strength is also relatively high: the male reaches 78.23%; females reaches 76.70%.
- The number of students qualifying the endurance target is very low: Male reaches 54.84%, Female reaches higher rate than Male with 62.03%.
- However, if considering the rates of students with average physical training standards in all content, only

68.96% meet the standard as required.

3.4 The situation on the sports training needs of students at Da Nang College of Commerce**3.4.1 Assess the situation on physical education for students at Danang College of Commerce**

We conducted interviews with 34 leaders, managers, teachers of relevant units in the school, including Administrators, School Union Executive Committee, Youth Union, physical education managers and teachers of physical education subject. Interview results are presented in Table 5.

The results obtained in Table 5 show:

Physical education in recent years has been considered to partially meet the requirements of the school and the physical education program of the Ministry of Education and Training. And in the coming years, in order to improve the quality of physical education in the school, it is necessary to concern the issues that the interviewees focus on choosing, including:

Table 5: Survey results of situation on the physical education of Da Nang college of commerce (N = 34).

No.	Interview content	Interview results	
		n	%
1	Assess the physical education work:	-	-
	- Meet the requirements of the Ministry of Education and Training and the school.	12	35.29
	- Meet each part as required.	22	64.71
	- Not meet.	0	0.00
2	The issues that physical education work needs to focus on:	-	-
	- The Party Committee of the Administrator Board needs to always pay attention.	32	94.11
	- It is necessary to strengthen the management of physical education subject.	28	82.35
	- It is necessary to improve the quality of sports teachers.	34	100.00
	- It is necessary to improve the teaching methods of sports suitable for the school conditions.	30	88.23
	- It is necessary to strengthen facilities and grounds	34	100.00
	- Increase funding for sports activities.	33	97.05
	- It is necessary to organize sports activities	31	91.17
3	The work of subject organization:	-	-
	- It is necessary to bring physical education into faculty.	5	14.70
	- Planning work of the subject:	-	-
	+ Planning regularly	26	76.47
	+ Not planning regularly	8	23.53
	- Rebuilding curriculum, teaching content.	2	5.88
- It is necessary to bring the content of standardized tests on physical training in the study assessment scores of students.	30	88.23	
4	The work of organization planning (n = 10):	-	-
	- The work of direction and professional examination with teachers.	-	-
	+ Regularly.	4	40.00
	+ Not regularly	6	60.00
	- The work of instructing students to practice extracurricular activities of teachers.	-	-
	+ Regularly.	0	0.00
	+ Sometimes	3	30.00
+ Not yet	7	70.00	

- It is necessary to get more attention of school leaders.
- It is necessary to improve the quality and qualifications of teachers.
- It is necessary to strengthen facilities, yards, funding for the work of teaching and practicing sports.
- It is necessary to consolidate the management of subjects, improve the method of organizing internal teaching, and organizing extracurricular activities to meet the needs of training and physical training of students.
- It is necessary to strengthen the organization of more sports tournaments, organize and establish sports clubs to attract students who have the gift, and love practice sports.

In addition, the organization on planning management of physical education subject have been implemented regularly (the reviews account for 76.47%), greatly contributing to the

organization of the physical training movement of the school. In order to improve the quality of physical education of students, it is necessary to apply some solutions such as putting the content of examination and evaluation of physical training standards into the content of assessing the study of physical education subject of the students, organizing extracurricular activities, types of clubs with forms of practice that do not have instructors and organize extracurricular practice forms that have the instructors for students.

3.4.2 The situation on the need for extracurricular training in sports and the need to participate in volleyball training

We investigate the real situation of extracurricular practice through interview form.

The results are shown in Table 6.

Table 6: Investigation Results of The Situation on The Need of Extracurricular Training and The Fondness of Volleyball Training of Students At Da Nang College Of Commerce.

No.	Interview content	First year (n = 807)		Second year (n = 802)		Third year (n = 811)		Total (n = 2420)	
		n	%	N	%	n	%	n	%
1	The motivation for sports training:								
	- Excitement	346	42.87	378	47.13	331	40.81	1055	43.60
	- Be aware of the effects of sports training	242	29.99	221	27.56	314	38.72	777	32.11
	- Compulsory	84	10.41	55	6.86	46	5.67	185	7.64
	- Do not have conditions	135	16.73	148	18.45	120	14.80	403	16.65
2	Evaluate the internal class time:								
	- Provide knowledge about sports.	642	79.55	654	81.55	648	79.90	1944	80.33
	- Equipping technique for sports	605	74.97	617	76.93	611	75.34	1833	75.74
	- Improve health.	336	41.64	348	43.39	342	42.17	1026	42.40
	- Exciting lessons	434	53.78	446	55.61	440	54.25	1320	54.55

	- Boring lessons	34	4.21	46	5.74	40	4.93	120	4.96
	- Not enough grounds, yards, and equipment.	785	97.27	797	99.38	791	97.53	2373	98.06
3	Number of students participating in extracurricular practice:								
	- Regularly.	447	55.39	420	52.37	315	38.84	1182	48.84
	- Sometimes	332	41.14	301	37.53	254	31.32	887	36.65
	- Not practice	28	3.47	81	10.10	242	29.84	351	14.50
4	Factors affecting regular physical education lessons:								
	- Due to the yard condition.	355	43.99	326	40.65	401	49.45	1082	44.71
	- Due to teacher qualifications.	66	8.18	76	9.48	54	6.66	196	8.10
	- Lack of training tools	352	43.62	311	38.78	314	38.72	977	40.37
	- Not enough shoes and clothes.	34	4.21	89	11.10	42	5.18	165	6.82
5	Factors affecting extracurricular practicing:								
	- Do not have instructors.	308	38.17	330	41.15	319	39.33	957	39.55
	- Do not have time	103	12.76	114	14.21	110	13.56	327	13.51
	- Do not have favorable conditions of yards and training equipment.	294	36.43	287	35.79	288	35.51	869	35.91
	- Do not have support from friends.	33	4.09	42	5.24	48	5.92	123	5.08
	- Do not love any sports	69	8.55	29	3.62	46	5.67	144	5.95
6	The fondness in practicing volleyball:								
	- Love	699	86.62	712	88.78	706	87.05	2117	87.48
	- Not love	108	13.38	90	11.22	105	12.95	303	12.52
7	Needs to participate in training at sports clubs:								
	- Really want	569	70.51	499	62.22	432	53.27	1500	61.98
	- Normal.	181	22.43	205	25.56	214	26.39	600	24.79
	- No need	57	7.06	98	12.22	165	20.35	320	13.22
8	Needs to participate in training at volleyball clubs:								
	- Really want	705	87.36	716	89.28	620	76.45	2041	84.34
	- Normal.	69	8.55	67	8.35	154	18.99	290	11.98
	- No need	33	4.09	19	2.37	37	4.56	89	3.68

The results obtained in Table 6 show that:

- The motivation of students for practice is mainly due to their fondness of sports (accounting for 43.60%). Similarly, awareness about the role of the internal lessons is: Providing knowledge, about sports accounts for only 80.33%, sports equipment accounts for 75.74% as well as improving health accounts for 42.40%. In contrast, there is 65.58% of the students surveyed evaluate that the internal class time is boring, rigid, and unattractive to stimulate students to practice, and there is up to 4.96% of the class lessons do not qualify for the playgrounds and training and learning equipments.

- Regarding extracurricular activities, self-training of students, the proportion of students who do not exercise, and sports also account for 14.50%, the number of students who regularly practice account for 48.84%. Factors that are considered to affect the extra-curricular and physical training of students are lack of organization, instructors, lack of conditions of yards and tools, and partly due to the heavy

curriculum causing the lack of time.

- Most of the students are interested in practicing volleyball (accounting for 84.34%), so it can be seen that volleyball also attracts the attention of a large number of students.

- The need for participating in training in the form of clubs and extracurricular classes with instructors are highly appreciated by students, the number of questionnaires with the hope to participate accounts for 61.98%, in which the first-year students account for 70.51%.

3.5 The situation on factors and conditions to ensure the development of volleyball movement of Da Nang College of Commerce

3.5.1. The situation on movement and achievements in volleyball subject at Da Nang College of Commerce from 2004 - 2007

The real situation of the volleyball movement of Danang College of Commerce from 2004 to 2007 is presented in Table 7.

Table 7: Real Situation Of Movements And Achievements At Volleyball Subject Of Da Nang College Of Commerce In The Period Of 2004-2007.

No.	Content	Year						
		2004	2005		2006		2007	
			N	W%	n	W%	n	W%
1.	People practice volleyball regularly.	300	320	6.60	400	25.60	520	29.30
2.	Number of competitions:	5	6	18.18	6	0.00	6	0.00
	- In school.	4	4	0.00	4	0.00	4	0.00
	- Outside school.	1	2	0.00	2	0.00	2	0.00
3.	The number of students participating in advanced training.	200	400	100.00	500	25.00	650	30.00
4.	Number of volleyball teams of the courses.	3	4	28,57	5	22,2	5	20
5.	Achievements of the team at the tournament.	Rank 7	Rank 6		Rank 7		Rank 5	

The results in Table 7 show that in general, the contents of the volleyball movement of Da Nang College of Commerce in the period of 2004-2007 have increased, however, the growth rate

is not high, the achievement of the school's volleyball team at the tournament is not high and unstable.

3.5.2 Application of sports science works for volleyball at Da Nang Commercial College

In the period of 2004-2007, there was no research project to propose and apply scientific and technical achievements to the process of teaching and coaching students. This limitation has greatly affected the quality of volleyball training movement, especially the achievements of the teams in competitions over the years. Although the resources and curriculum have been consulted and improved by units with the development of volleyball movement, there are still many limitations, lack of uniformity and consistency.

3.5.3 The situation on the organization on the management of physical education of Da Nang College of Commerce (diagram 3.1)

The subject management structure is basically just an assignment of responsibilities that the team leader assigns directly to teachers about the work of teaching and training teams, organizing, and being the referees for sports tournaments. The functional groups have not been established: facilities, professional groups, movements, teachers have not been assigned, instructed student sports clubs and staff of teacher and cadres.

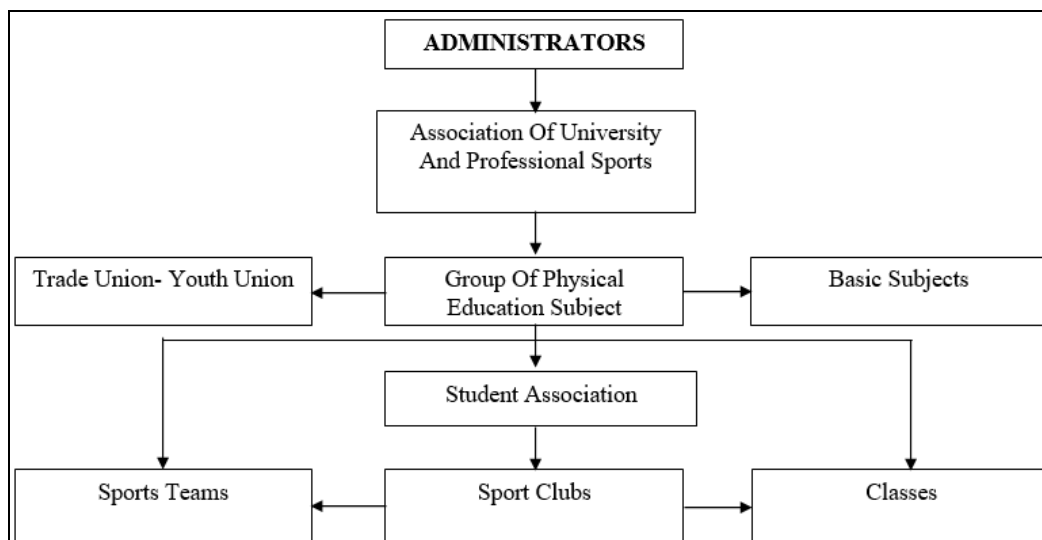


Diagram 1: Organizational structure on management of physical education work and sports training movement of Da Nang College of commerce

3.5.4 The real situation on the work of cadres

The real situation of the teachers in the basic subjects of the school over two periods 2000 - 2003 and 2004 - 2007,

corresponding to the development of the training scale of the school is presented in Tables 8 and 9.

Table 8: Real situation of sports teachers staff of Da Nang College of commerce in the period of 2000-2007.

Period	Total number of teachers	Female teachers	Teacher / Student ratio	Working seniority		Qualification				Age		
				Over 10 years	Under 10 years	Doctor	Master	University	College	Over 50	40 to 50	Under 40
2000-2003	3	1	1/350	2	1	0	0	2	1	1	1	1
2004-2007	5	2	1/657	3	2	0	1	4*(1)	0	1	2	2

Note: *(1): This is the number of teachers who are trained in intensive volleyball sport at the Universities of Physical Education and Sports.

Table 9: Real situation of human resources of sport teachers and volleyball movements of Da Nang College of commerce in the period of 2004-2007.

No,	Content	2004	School year 2005 - 2006		School year 2006 - 2007	
			n	W%	n	W%
1	Physical education teachers	5	5	0.00	5	0.00
2	Teachers with volleyball qualifications.	1	1	0.00	1	0.00
3	Number of volleyball clubs.	4	5	22.00	5	0.00
4	Number of club members.	320	402	25.00	520	62.00
5	Rate of favorite people*	25.00%	27.60%		27.50%	

* Rate of favorite people: Results of annual surveys on cadres, teachers and students of the school.

The results obtained in tables 8 and 9 show that

- With 03 teachers in the period from 2000 to 2003, it has met the training requirements of the school with a ratio of 1 teacher / 350 students.
- To date, in the period of expanding the training (from 2004 to 2007), this ratio has been 1 teacher / 657, so the staff of teachers and cadres of the basic subjects currently only meets 30.44% that are compared to the provisions of the Ministry of Education and Training.

- Regarding the professional qualifications of the teaching staff, up to now, most of them have graduated from the University of Physical Education and Sports with long-term teaching seniority (more than 2 people over 10 years, accounting for 66.67%). In the period of 2004-2007, the number of teachers who have university degrees or higher is 100%, and these teachers are trained at Universities of physical education and sports, in which, the teacher with master's degrees is 1 person (accounting

for 20.00%), and 1 person is going to complete a master's program with the major in physical education (accounting for 20.00%). Compared to the previous period, this rate has increased significantly. In addition, in the total of 05 sports cadres and teachers of the school, there is 01 teacher with a university degree who is trained intensively at the universities of physical Training and sports. This is a favorable factor for the development of the volleyball movement in the school.

- Regarding the age of the staff of teachers and cadres, it can be seen that, to date, there has been a trend of rejuvenation compared to the previous period. The number of teachers who are 40 years old and older has 03/05 people (accounting for 60.00%), the remaining 02/05 people are under 40 years old (accounting for 40.00%), if compared with the previous period, the rate of teachers with the age of 40 or older is 66.67%.
- The management of the volleyball movement during this period is too few that do not meet the requirements set out. Most of the management staff and teachers do not attend fostering and training courses to improve their qualifications. Their business is still limited and not

updated with new information on the management, teaching - training of volleyball subjects as well as changes in competition rules, competition content, etc.

- The number of volleyball clubs, the number of people practicing volleyball regularly (members at the clubs) is very few, not consistent with the high rate of people who fond of volleyball (from 25.00% - 27.50%). This proves that the school should take measures to promote the practice of volleyball, to meet the needs of the extra-curricular practice of students in the school.

This is the potential to play a huge role in the implementation of physical education tasks in schools, teaching, organizing practice and training presentative teams, leading the movements, organizing and being referees for the student sports competitions, and do scientific research. However, because of the requirements of the renovation and expansion of training scale, the requirements of additional teaching staff and requirements of training, retraining, and improving professional qualifications are the urgent issues.

3.5.6 Real situations on facilities (10)

Table 10: Real Situation On Facilities, Training Grounds, And Tools For Physical Education Training At Da Nang College Of Commerce.

Nom	Grounds- Toolds	Teaching area	Dormitory area	Quality
1	50m × 30m football grounds	1	0	Soil ground
2	40 × 20m mini football grounds	0	1	Soil ground
3	Volleyball grounds	2	0	Soil ground
4	Basketball grounds.	0	0	
5	Badminton ground.	0	1	Cement
6	Hanball ground.	0	0	
7	180m around road running	1	0	Soil ground
8	Weightlifting area.	2	0	Cement
9	High jump + long jump holes	4	0	Sand
10	Horizontal bar.	2	1	50%
11	Parallel bars	0	2	30%
12	Ping-pong table.	0	6	40%
13	Training room.	0	1	Four-level room
The total area for training		2.800m ²	1.200m ²	

Through analyzing practically the facilities of volleyball subject of the Da Nang College of Commerce in the period 2004-2007, it can be seen that:

- Regarding grounds and yards: The school currently has only 02 volleyball grounds, however, they do not meet the standards. Because of the financial condition, it has not been invested to build or upgrade.
- Regarding the training and competition house: Currently, the school does not have the training and competition house because there is no budget to build..
- Regarding funding for sports activities: In general, there is no specific allocation of investment funding for sports, including volleyball, the allocation is uneven over the years with no specific plan (details are presented in section 3.4.6).

Therefore, it can be seen that, during this period, the facilities for volleyball movement of the school are still poor, backward, and inadequate, especially the funding for the training and organization movement-management movement of volleyball in the school.

3.5.7 Funds for physical education work

- **Funding for buying equipment and tools:** Getting from the training budget of each school year, the school spends

a budget of 10 - 15 million to purchase equipment and tools for directly serving the teaching contents. This funding is only sufficient to meet the minimum requirements for the purpose of teaching. It has not yet met to improve the quality of tools, equipment for teaching and training teams of the subject.

- **Funding for movement activities:** It is the funding source from the arts and sports fund (8%). Each year, the school spends VND 40-50 million to organize the presentative teams to participate in the industry, regional competitions and organize internal sports tournaments, training activities of sports clubs for teachers and cadres. Therefore, it does not have enough conditions to maintain a long-term training team and expand the construction of club forms and mobilize widely the sports movements of students. It also does not fully motivate the sports movement in the school.

4. Conclusion

The real situation of the physical education work of Danang College of Commerce still has limitations and shortcomings. The school does not really appreciate the extracurricular work of students, especially volleyball.

It still lacks an appropriate organizational structure for managing physical education and sports activities. The basic

management structure of the current subject is not suitable for the practical conditions for the development of the physical training and sports movement, this is a core of the physical training and sport movement in schools..

The conditions for facilities and the conditions to ensure the cadres and funding for physical education still have many difficulties. There has not been any suitable remuneration policy to motivate teachers and athletes to participate in sports activities as well as extracurricular training and volleyball competition.

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