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Assess the physical strength situation of male students at Quang Nam college of economics and technology

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Abstract

The physical strength situation of male students at Quang Nam College of Economics and Technology is still limited compared to the target of Physical Education. Therefore, the study that finds out the causes and measures to improve the physical strength of male students is very necessary to contribute to the comprehensive physical enhancement and human education.

Keywords: Assessment, physical strength condition of male students at Quang Nam college of economics and technology

Introduction

1. Rationale

Physical education in universities and colleges is an organic part of the Vietnamese Education and Training system. Physical education and sport activities in universities are the important educational aspects in education and training, contributing to implement the goals: raising the people's cultural standard, fostering human resources, training talents for the country to meet the needs of renovating the socio-economic development of the country. In the strategy for the socialist economic development of the country under the socialist orientation, our Party has pointed out: "Man is the most precious asset of a socialist regime". Protecting and fostering human health is the obligation and goal of socialist health care and sport sectors. It is the perspective that has the profound humanity of the Party on human health and determination of the role of sports. Human health is the health of each people and the whole society. Good health brings the happy life for people, healthy country and joyful society.

The learning results of the physical education subject of male students at Quang Nam College of Economics and Technology are still limited. One of the reasons leading to the above results is that the physical strength of male students is limited compared to the target of physical education.

2. Research methods

The research process used the following methods: Methods of summarizing and analyzing the document. Method of interviewing discussion. Pedagogical observation method. Method of medical examination. Method of the pedagogical examination. Method of pedagogical experiment. Statistical mathematical methods.

3. Research results

3.1. Assess the physical strength situation of male students at quang nam college of economics and technology

3.1.1. The situation of content, curriculum of physical education subjects of Quang Nam college of economics and technology

The content of teaching is divided into modules: 45 lessons

- Module I: (30 lessons) Study athletics subjects (short distance running technique, medium distance running technique, high jump technique, and long jump technique).
- Module II: (15 lessons) Study volleyball (overhand passing technique, forearm passing technique, serve technique)

In each module, there are tests to evaluate each content according to the provisions of the

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school and subject.

Responsibility of students in the studying process: Take responsibilities for complete well the task of studying physical education subject. To be eligible for attending the graduation exam, students from colleges and universities must

have the certificates.

In each module, there are tests and evaluation according to each content prescribed of the school as shown in the table 3.1.

Table 3.1: The curriculum of physical education subject of Quang Nam College of Economics and Technology

No.	Contents of the curriculum	Number of lessons	Curriculum distribution	
			Semester 1	Semester 2
I	- Physical education in the university - Short distance running technique - Medium distance running technique - High jump technique - Long jump technique	30		
1	Initiation		2	
2	Short distance running technique (50m)		6	
3	Medium distance running technique (1000m for male students, 500m for female students)		6	
4	High jump technique		6	
5	Long jump technique		6	
6	Examination		4	
II	Volleyball - Overhand passing technique - Forearm passing technique - Serve technique			
1	Overhand passing technique			4
2	Forearm passing technique			4
3	Serve technique			4
4	Examination			3

Table 3.1 shows that a total of regular class hours including 45 lessons is divided into 2 semesters. The Defense – Physical Center of Quang Nam College of Economics and Technology conducted the organization for students to study according to the schedule specified by the Center in the school year plan with the standards to examine, evaluate and mark for each module. Most of the intra- class time is the technical instruction of the sports specified in the detailed curriculum of this module. Especially, the physical exercises currently that are used to develop the physical strength for students are still limited in quantity and content, mainly sports games and static exercises.

3.1.2. The situation on facilities and teaching equipment of

Table 3. 2: The real situation of facilities and grounds for teaching and practicing physical activities the physical education subject

No.	Facilities	Quantity	Quality
1	Athletic ground	1	Good
2	Short running road (100m)	1	Good
3	Long jump hole	1	Good
4	High jump cushion	4	Good
5	volleyball ground	2	Good
6	Football ground (5 people)	2	Good

Through surveys and results obtained in Table 3.3, it can be seen that to improve the physical strength in particular as well as the training quality in general for students, the Defense - Physical Center of Quang Nam College of Economics and Technology not only improved the quality of existing equipment and ground but also planned to build more yards and grounds and increased the procurement of equipment for teaching and practicing (intracurricular and extracurricular) for students of Quang Nam College of Economics and Technology.

physical education subject of Quang Nam College of Economics and Technology

Although the facilities for teaching and learning have been given the great attention to invest and upgrade by the Ministry of Education and Training, the Party Committee and the school administrators, some training grounds and tools, etc. are limited in quality as well as in area and not guaranteed for intra-class learning.

In order to assess the situation of facilities of the Defense – Physical Center of Quang Nam College of Economics and Technology, the subject has conducted the investigation on grounds and tools of the Center in 2016. The results obtained as shown in table 3.2.

3.1.3. Real situation on the teaching staff of physical education subject of Quang Nam College of Economics and Technology

Defense - Physical Center has 12 lecturers; includes 02 subject groups: National Defense-Security Education Group and Physical Education Group; 01 Director, 01 Deputy Director, 01 Head of the Division, 09 lecturers.

The results of the survey of officials and lecturers who are working at the Defense - Physical Center of Quang Nam College of Economics and Technology are presented in Table 3.2.

Table 3.3: Qualifications and age of lecturers of Defense - Physical Center of Quang Nam College of Economics and Technology (n=12)

Index Content	Age				Sex		Qualification
	<30	30-40	41-50	>50	Male	Female	Bachelor
Quantity	3	4	4	1	11	1	12
Rate %	25	33.33	33.33	8.33	91.67	8.33	100

Through Table 3.2, the subject has some comments as follows: Currently, the lecturers who are under the age of 30 account for 25%, from 30 to 40 years old account for 33.33%, from 41-50 years old account for 33.33%, over 50 years old account for 8.33%, male lecturers account for 91.67%, female teachers account for 8.33%, bachelors account for 100%. With these characteristics, the teaching staff at the Defense - Physical Center of Quang Nam College of Economics and Technology can meet the high requirements of teaching physical education in school.

3.1.4. The situation on learning results and factors affecting the physical strength of male students at Quang Nam College of Economics and Technology

After graduating from university, bachelors will work in all areas of the country. With the characteristics of the industry mainly operating in the social field, it is necessary to have the good physical strength to meet the specific works of the industry.

Evaluating the mark of the physical education subject of students from 2015 to 2017, the results are shown in Table 3.4.

Table 3.4: The studying results of the physical education of male students at Quang Nam College of Economics and Technology

Content	Course 10 (First year)				K9 (Second year)				K8 (Third year)			
	Excellent (%)	Good (%)	Qualified (%)	Not qualified (%)	Excellent (%)	Good (%)	Qualified (%)	Not qualified (%)	Excellent (%)	Good (%)	Qualified (%)	Not qualified (%)
Practice	10,01	40,14	39,71	10,14	9,02	45,52	41,05	05,41	10,27	36,33	42,62	0,78

The results obtained in Table 3.4 show that the studying results of the physical education subject of male students are still modest, the unqualified rate still remains, specifically, the third year is 0.78% while in the first year, the unqualified rate is 10.14% (practice). The number of students with excellent and good grades is very small, especially, there are no students with excellent grades

4. Conclusion

From the research results of the topic, some conclusions are drawn as follows

1. The physical strength condition of male students at Quang Nam College of Economics and Technology is still weak that does not meet the requirements of improving the quality of physical education subject in general, as well as the standard of physical training in particular in the training process.

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