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Propose and apply some measures to develop the extracurricular training movement in the volleyball subject to improve the quality of physical education for students of Da Nang college of commerce

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Abstract

Researching measures to continue developing and improving the quality of the professional volleyball movement of students in general and at Da Nang College of Commerce in particular will contribute as the core role of the volleyball mass movement of Danang City.

Keywords: Propose, measures, training movement, extracurricular, volleyball, college of commerce

Introduction

Rationale

Volleyball is a mass sport that develops strongly in students and the cadres of universities and colleges. It is an attractive sport for most generations of young people, students from countries around the world as well as Vietnamese youth and students. Many volleyball talents in the world are developed and matured from the volleyball movement and clubs for students. So far, volleyball has been a sport in the curriculum of self-selective physical education of universities and colleges across the country (issued under Decision No. 1262 / GD-DT of April 12, 1997, of the Ministry of Education and Training).

Research methods

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

Research results and discussion

Research on proposing and applying some measures to develop the volleyball movement to improve the quality of physical education for students of da nang college of commerce

4.1. The theoretical and practical basis of selecting some measures to develop the volleyball movement to improve the quality of physical education for students of Da Nang College of Commerce

By referring to the relevant documents, we conducted the selection and proposed solutions to develop the volleyball movement to improve the quality of physical education for students of the Danang College of Commerce.

The project has conducted an interview with 30 leaders, managers, and educators. Interview results are presented in Table 4.1.

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Table 4.1: Interview result on proposed measures (n = 30)

No.	Measures	Very necessary		Necessary		Not necessary	
		n	%	n	%	n	%
1.	Organize and improve the quality of performance of the volleyball team, the representative team with the instructors, then self- governed by the class	25	83.33	3	10.00	2	6.67
2.	Establish and put into operation the volleyball clubs for cadres, teachers in each unit, and students of college courses in the form of socialization.	23	76.67	4	13.33	3	10.00
3.	Renovate and upgrade facilities and technical bases.	22	73.33	5	16.67	3	10.00
4.	Create mechanisms and apply appropriate and suitable policies for the staff of cadres, teachers, and students to participate in clubs.	24	80.00	5	16.67	1	3.33
5.	Strengthen the organization of advanced pedagogical business competitions, exchanging competitions, and traditional tournaments of volleyball in the school.	25	83.33	3	10.00	2	6.67
6.	Improve organizational structure and management of teaching staff at basic departments	23	76.67	6	20.00	1	3.33

The results of Table 4.1 show that all of the measures that we gave are selected by a majority of the opinions with over 70.00% of the opinion at a very necessary level. Thereby, the project selected 6 specific measures in organization and management to develop the volleyball movement to improve the effectiveness of physical education work for students of Danang College of Commerce as presented in table 4.1.

4.2. Developing contents of measures to develop volleyball movement to improve the quality of physical education for students of Da Nang College of Commerce.

4.2.1. Measure 1: Organize and improve the quality of performance of the volleyball team and representative with instructors, then self-governed by the class.

- **Purpose:** To meet the goal of training to be good at one subject, know many subjects, reach the level of athletes according to training requirements, improve training quality, prepare forces to participate in an external competition to raise the position of school.

4.2.2. Measure 2: Establish and put into operation the volleyball clubs for cadres, teachers in each unit, and students of college courses in the form of socialization.

- **Purpose:** To meet the practical demands of students to know many subjects, be good at one subject, improve the effectiveness of studying in regular class hours, reach the physical training standards according to the provisions of the school, and achieve high performance in volleyball competition at local and industrial competitions.

4.2.3. Measure 3: Renovate and upgrade facilities and technical bases.

- **Purpose:** To upgrade and renovate the facilities, the training ground to ensure the necessary conditions for the main teaching, as well as volleyball extracurricular activities of students.

4.2.4. Measure 4: Create mechanisms and apply appropriate and suitable policies for the staff of cadres, teachers, and students to participate in clubs.

- **Purpose:** Renovating the adequate regimes and policies for the staff of cadres, teachers, and students to participate in volleyball training and competition activities.

4.2.5. Measure 5: Strengthen the organization of advanced pedagogical business competitions, exchanging competitions, and traditional tournaments of volleyball in the school.

- **Purpose:** Creating an environment for regular competition with a variety and diversity, helping students

access the organization, administration, and referees of a volleyball tournament, thereby improving pedagogical capacity, profession skill, operation, and at the same time selecting students into the team.

4.2.6. Measure 6: Improve organizational structure and management of teaching staff at basic department.

- **Purpose:** Based on maintaining and improving the operation quality of the organizational structure of the school for management of the sport movement, ensuring the assignment of responsibilities of the functional departments, and strengthening the direction activities of the administrators and Professional and University Sports Association of the school. Closely coordinating the activities of basic department with mass organizations and functional departments to create all favorable conditions to develop the sports movement of the school in many forms.

4.3. Applying and identifying the effectiveness of measures to develop volleyball movement to improve the quality of physical education for students of Da Nang College of Commerce.

4.3.1. Research organization.

The objects of pedagogical experiments are 187 students (85 female students) in the second year (27th course of College of Accounting and Business Administration) who are studying at the school to ensure objectivity in comparison process. These objects are randomly selected by us.

The time to organize the pedagogical experiment was conducted from February 2007 to February 2008 (corresponding to 01 school year). This was the time to start the second semester of the school year in which the study objects were studying at the school, specifically, students of the 27th course started in the second semester of the first year. In addition, the pedagogical experiment process of the project was continued to monitor the investment in facilities, volleyball training movement of Da Nang College of Commerce until the end of 2008 (12/2008) to determine the effectiveness of selected measures.

Because of the conditions of time and research scope and the impact of the individual, in the experimental process, the project can only conduct an application in practice with the following four measures.:

- **Measure 1:** Organize and improve the quality of performance of the volleyball team, the representative team with the instructors, then self- governed by the class.

- **Measure 2:** Establish and put into operation the volleyball clubs for cadres, teachers in each unit, and students of college courses in the form of socialization.
- **Measure 3:** Strengthen the organization of advanced pedagogical business competitions, exchanging

competitions, and traditional tournaments of volleyball in the school.

- **Measure 4:** Improve organizational structure and management of teaching staff at basic department.

4.3.2. Results of the pedagogical experiment

4.3.2.1. The test results before the experiment (table 4.2).

Table 4.2: Test results of physical strength level before experiment of research objects ($n_{\text{male}} = 102$; $n_{\text{female}} = 85$)

No.	Test content	Sex	Standards of sports training at qualified level	Test results ($\bar{x} \pm \delta$)	Number of qualified people	Rate %
1.	50 m running with high start (s).	Male	7.70	7.96±0.93	67	65.69
		Female	9.20	9.48±9.74	54	63.53
2.	1000 m running (s).	Male	230.00	237.46±23.87	55	53.92
	500 m running (s).	Female	155.00	157.35±15.69	42	49.41
3.	Long jump with no momentum (cm).	Male	210.00	201.15±21.13	71	69.61
		Female	155.00	153.36±15.70	58	68.24
4.	Arm folding with the horizontal bar (time).	Male	8.00	7.14±0.83	65	63.73
	Arm hanging with the horizontal bar 90° (s).	Female	5.00	4.36±0.48	43	50.59

From the results obtained in Table 4.2, it can be seen that the number of students with the physical strength at a qualified level compared to the content, the standards of physical training on the test content is still low (the lowest standard is content of endurance evaluation - 500m running for male

students accounts for 49.41% of the qualified students; the highest standard is the content of speed-strength evaluation - long jumping with no momentum for male students, accounting for 69.91%).

4.3.2.2. The test results after the experiment

Table 4.3: Results of test and evaluation after experiment of research objects ($n_{\text{male}} = 102$; $n_{\text{female}} = 85$)

No.	Test content	Sex	Standards of sports training at qualified level	Test results ($\bar{x} \pm \delta$)		Differences		Before experiment		After experiment	
				Before experiment	After experiment	t	P	Number of qualified people	Rate %	Number of qualified people	Rate %
1.	50 m running with high start (s).	Male	7.70	7.96±0.93	7.71±0.62	2.226	<0.05	67	65.69	89	87.25
		Female	9.20	9.48±9.74	6.90±0.56	2.439	<0.05	54	63.53	76	89.41
2.	1000 m running (s).	Male	230.00	237.46±23.87	231.13±18.61	2.111	<0.05	55	53.92	77	75.49
	500 m running (s).	Female	155.00	157.35±15.69	152.88±12.31	2.067	<0.05	42	49.41	64	75.29
3.	Long jump with no momentum (cm).	Male	210.00	201.15±21.13	206.75±16.64	2.102	<0.05	71	69.61	93	91.18
		Female	155.00	153.36±15.70	157.52±9.53	2.089	<0.05	58	68.24	80	94.12
4.	Arm folding with the horizontal bar (time).	Male	8.00	7.14±0.83	7.36±0.59	2.178	<0.05	65	63.73	87	85.29
	Arm hanging with the horizontal bar 90° (s).	Female	5.00	4.36±0.48	4.49±0.28	2.101	<0.05	43	50.59	65	76.47

Table 4.4: Results of evaluation and ranking the physical training standards of experimental objects before and after experiment

Contents	Results of evaluation and ranking (n = 187)					
	Before experiment			After experiment		
	Good (%)	Qualified (%)	Not qualified (%)	Good (%)	Qualified (%)	Not qualified (%)
Standards of physical training	26.33	33.14	40.53	32.56	43.16	24.28

Table 4.5: Results of theoretical and practical learning of the volleyball subject of study objects after experiment with the students of previous courses

Subject	Content	Students of the previous courses (n = 802)			Experimental objects (n = 187)		
		Good (%)	Qualified (%)	Not qualified (%)	Good (%)	Qualified (%)	Not qualified (%)
Volleyball	Theory	5.39	55.87	38.74	17.14	57.36	25.50
	Practice	13.04	69.76	17.20	35.67	58.63	5.70

The project conducted the test to evaluate the physical strength level according to the content, standards of physical training and results of volleyball learning. Thereby, comparing with the test results before the experiment (tables 4.3, 4.4, and 4.5).

The results obtained in tables 4.3, 4.4 and 4.5 and chart 4.1 show that

- The results of the test of physical strength level according to the physical training contents and standards show that, after the experiment, the physical strength level of both

males and females of the experimental objects has a clear difference. ($t_{\text{calculate}} > t_{\text{table}} = 1.960$ at the probability threshold $P < 0.05$). At the same time, the rate of qualified students at test contents is higher than before the experiment.

- When considering and reviewing the results of evaluating and ranking the physical training standards of the study objects, it also shows that the rate of students achieving the good and qualified levels is higher than before the experiment (32.56% compared to 26.33% at a good level, 43.16% compared to 33.14% at qualified level). The results of studying volleyball subjects (both theoretical and practical content) also show a similar result that the number of unqualified students in the previous courses is still relatively high (38.74% in theoretical content,

17.20% in practical content), after the experiment, this rate decreases significantly in the experimental objects of the project (25.50% in theoretical content and 5.70% in practical content).

4.3.2.3. Building the organizational structure on management of physical education subject.

The project suggested to the leaders of the school and the basic departments and got the agreement of the Party Committee, the administrators of the school, the subject department to apply the organizational structure management of basic department according to the following model. (diagram 4.1):

Thereby, it built the functional tasks of each group and of all teachers in each group.

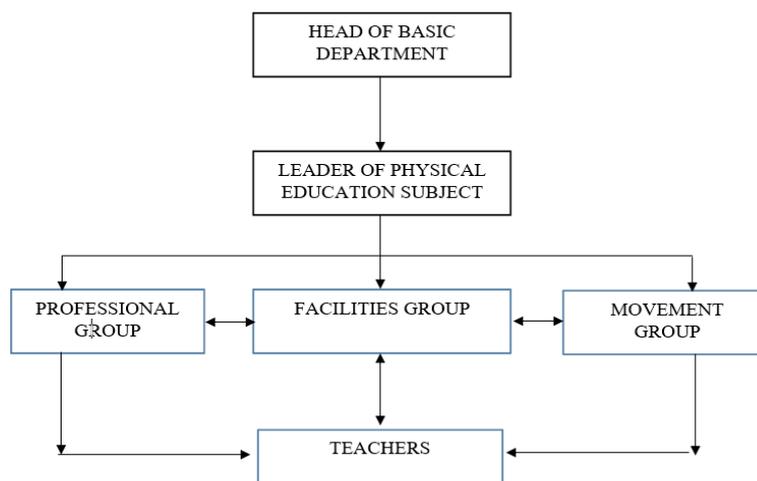


Diagram 4.1: Organizational structure on management of basic departments of da nang college of commerce.

- **Head of the department:** Take responsibility before the school for the results of the implementation of the functions and tasks of the basic departments. Organizing and managing facilities, professional work and teaching of teachers in the department.

- **The leader of physical education department:** Take responsibilities before the basic department for the results of task implementation according to the functions and tasks of the basic department. Organizing and managing facilities, professional work, and teaching of groups and teachers in the physical education group.

- **Professional group:** Including 2 people, the responsibility is to develop the curriculum on physical education subject for the entire course and each module unit. Developing and managing curriculum, lesson plans, lectures and managing the teaching work, building standards for testing and evaluating each learning content, managing staff, and developing teacher recruitment standards.

- **Facilities group:** Including 2 persons with the task of managing facilities, tools and the store of the subject, making plans to build and renovate tools and yards for teaching and movement work of the subject to recommend to the school, in charge of purchasing teaching tools for teaching work to meet the sports movement of the school.

- **Movement group:** Consists of 3 people with the task of

building and managing the teams, combined with the subject and other teachers to train the representative teams for the sports competitions of the industrial and local prizes. Organizing and managing sports movements of students and the staff of teachers and cadres, organizing internal sports competitions with the sense of friendship.

4.3.2.4. Assess the level development of the volleyball movement at Da Nang College of Commerce after the experiment period.

Da Nang College of Commerce has 03 social organizations including Trade Union, Youth Union, Professional, and University Sports Association of the school; 06 rooms, 01 centers, 02 faculties and 03 departments (including 01 basic department). In the course of implementation, the project built recommendations and plans to build and renovate facilities, ensure learning tools, and received the attention of the administrators and the functional departments. The conditions to ensure the subject learning and development of sports movements in the whole school increased in quantity and improved in quality.

For 2 years (2007 and 2008), the school repaired, upgraded, and built a concrete volleyball training ground with the ball blocking net, renovated volleyball court, and some other training grounds. Therefore, after the experimental time, we realized that the need for building sports clubs and organizing extracurricular training guidelines for students increased, as well as the number of people practicing volleyball, physical training increased significantly and became a movement among cadres, teachers, and students. Volleyball training to

improve health has become a daily need for students. Volleyball competitions in students have increased significantly at the school, faculty, class, and club levels with the form of friendly competition between units inside and outside the school, the pedagogical business competitions, competitions, and exchanges between clubs, etc. The basic department has basically collaborated closely with the organization to organize, manage those competition activities and formulated an annual competition plan. At the same time, The conditions on training grounds, equipment, and arbitration organizations of this competition were met. On the basis of the management model of physical education and sports movement and the organizational structure on the management of the basic department (diagram 4.1), in the process of organizing the application of solution groups, the

results on the number of teams, representative teams, volleyball clubs, as well as the number of members participating in activities and regular training at these clubs have increased significantly compared to the time before the experiment. The results are shown in Table 4.6 and Table 4.7. The results show that:

- Building and developing a movement of volleyball training in the model of the club that originates from units including staff, teachers, and students. Therefore, to develop the movement, it must rely on administrative units, governmental organizations, social organizations, and members of those organizational units, etc. The organization must follow the motto "state and people work together".

Table 4.6: Number of volleyball club and number of club members participating in regular training

No.	Objects	Number			Participant		
		Before experiment	After experiment	W%	Before experiment	After experiment	W%
1.	Cadres.	0	3	200.00	0	35	200.00
2.	Teachers.	1	4	120.00	24	67	94.51
3.	First-year students.	0	2	200.00	0	32	200.00
4.	Second-year students.	1	3	100.00	26	74	96.00
5.	Third-year students.	1	2	66.67	30	46	42.11
6.	Fourth-year students.	1	2	66.67	25	42	50.75
	Total	4	16	120.00	105	296	95.26

Table 4.7: The number of tournaments and number of the athlete under the team participating in the competition before the experiment (2007) and after the experiment (2008).

No.	Name of tournaments	Number			Athlete		
		Before experiment	After experiment	W%	Before experiment	After experiment	W%
1.	Friendly exchange at school level.	2	4	66.67	24	48	66.67
2.	Exchange at faculty level	4	8	66.67	86	132	42.20
3.	Exchange at club level	6	14	80.00	75	115	42.11
4.	Pedagogical operation	0.5*	1	66.67	65	90	32.26
5.	Tradition	0.5*	1	66.67	67	89	28.21

Notes: * The pedagogical operation competitions and the traditional competitions before the experiment are held every 2 years.

- The opinion results of the units, organizations, and individuals show that the positive measures to develop the sports movement in general and volleyball, in particular, is to develop the sports movement at grassroots units are suitable with the actual conditions on the organization, personnel, and characteristics of the present unit organizations. The number of internal competitions in the school such as competitions in school and outside school, pedagogical operation competitions, the exchange between clubs and faculties on that basis has also increased significantly.

Conclusion

The study process of the project selected and built 06 measures with specific instructions to develop the volleyball extracurricular movement to improve the effectiveness of physical education for students of Danang College of Commerce.

With 06 measures selected, through experimenting in organizing and managing the sport movement for research objects, it has asserted the effectiveness of improving physical education quality for students in the school that is reflected in the aspects of volleyball subject quality, physical strength level of students and sports movement in general and volleyball, in particular, has been significantly increased.

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