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## Solutions for development and expansion of recreational sports clubs at an giang university, Vietnam national university ho chi minh city

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### Abstract

According to the current state investigation of Recreational sports clubs operating at An Giang University, Vietnam National University Ho Chi Minh City, Vietnam (VNUHCM) as well as the demand for Recreational sports training of students and people living in Long Xuyen city, the author has demonstrated some solutions to develop and expand Recreational sports clubs at An Giang University scientifically and effectively to improve health, material and spiritual life for the students and the people in An Giang province.

**Keywords:** Solutions, development, expansion, recreational sports clubs

### 1. Introduction

In recent years, the number of people practicing the sport at the clubs of An Giang University has increased dramatically, typically in GYM, futsal, volleyball, Karate... However, the number of participants is very low in comparison with the population in the area. (Thuc, 2018) [3].

From the current situation, selecting solutions to develop and expand Recreational sports clubs of An Giang University is very necessary.

During the study, the author has used four methods such as Synthesizing and analyzing documents, Interview, Pedagogical observation, and Mathematical statistics.

### 2. Results

#### 2.1. The current state and factors affecting Recreational sports clubs of An Giang University

##### 2.1.1. The current state of Recreational sports clubs at An Giang University

Table 1 shows that with 6 Recreational sports clubs operating and the number of participants is not equal distribution.

Some clubs have got a lot of people such as GYM, Fuasal Football, and Karate... and other clubs are limited like table tennis, basketball, volleyball...

In terms of the age participated in the clubs, GYM and table tennis are mostly elementary, secondary and high school students. Meanwhile, volleyball and futsal football are mainly secondary and high school students.

**Table 1:** The current state of Recreational sports clubs at An Giang University

No	Club	Time	The number of participants regularly practice 3 times per week	Age
1	GYM	Whole year	150	6-23
2	Table tennis	Whole year	60	6-17
3	Volleyball	Whole year	70	18-23
4	Karate	Whole year	120	6-17
5	Basketball	Whole year	70	8-17
6	Fusal	From May to August	110	11-23
Total			580	

GYM, karate and Futsal football have a higher training age and students are the most. Karate is distributed equally among elementary, secondary, high school and university.

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### The Current State of Facilities at a Giang University

The strength of modern facilities with the scale of training 13,000 students, the playgrounds are made sure both quantity and quality to supply for the training of students. This is also a favorable condition of the school to organize Recreational sports activities (Thuc, 2017).

### Propaganda and Advertising

Over the years, the clubs have also developed various propaganda and advertising forms so that the trainees can know information clearly about registration such as hanging banner ads in schools (Hai, 2017) <sup>[1]</sup>, linking with school and District Education Office to send a notice for students. However, some other advertising forms have not been implemented by the clubs yet like advertising on television or hanging banners in public places (Thanh, 2013) <sup>[4]</sup>.

### The Current State of Management and Organization of the Club

The management method is directly related to the quality of the trainees. We have welcomed the students to registration and management during the training. With 6 clubs currently operating, survey results showed that most of the clubs were not strict and scientific management. They were not distinguishing the level of the trainees. Many places, students have come to register but no one welcomed, even the clubs did not know new students. This is a problem that affects the development of the club.

### The Current State of Training Teaching Staffs and Instructors at the Clubs

Through interviews and observations, operating clubs showed that the training of teachers in the clubs isn't interested (Thuc, 2017).

### The Current State of Learners' Result after Participating in Training at the Club

To evaluate the current state of learning results, the author has conducted an interview with teachers of the club about the results of students after each course. Table 2 shows that the students' learning outcomes are directly proportional to the operating time of the club. Two clubs operated from 8 to 10 years, the number of students who did not pass the course was less than the club operated from 2 to 4 years. Therefore, operating thickness affects the quality of teaching. However, there is still the number of students who do not pass (8-25%). This is also a problem for the clubs to pay attention to.

### The Current State of People's Sports Training

To find out the training needs, the study was interviewed many people (according to the characteristics of each sport) such as students and staff. The result of the interview in Table 3 showed that different sports are not the same training needs. In comparison with the population in the district and the city, if the 14 clubs are operated, the number of people will practice increasingly.

**Table 2:** The current state of learner's results after participating in training at the club-An Giang University

No	Interview result	Results after training						Operating time (year)
		Good		Pass		Fail		
		N	%	N	%	N	%	
1	GYM (150 students)	33	22	102	68	15	10	8
2	Table tennis (50 students)	10	20	33	66	7	14	4
3	Basketball (60 students)	6	10	39	65	15	25	4
4	Volleyball (70 students)	21	30	35	50	14	20	2
5	Karate (120 students)	24	20	85	71	11	8	10
6	Fusal (110 students)	27	25	73	66	10	9	6

**Table 3:** The current state of sports practice

No	Sports	Interviewees	Interview result	
			Participants	%
1	GYM	200	57	28.5
2	Fusal	300	16	5.33
3	Aerobics	150	12	8.0
4	Chess	300	9	3.0
5	Dance sports	200	22	11.0
6	Volleyball	300	17	5.67
7	Basketball	300	23	7.67
8	Swimming	300	22	7.33
9	Table tennis	300	34	11.33
10	Badminton	300	36	12.0
11	Tennis	200	39	19.5
12	Karate	300	62	20.67
13	Vovinam	200	34	17.0
14	Taekwondo	200	28	14.0

### 2.1.2. Factors Affecting the Operating Club of a Giang University

Through analysis, synthesis of documents and interview results, the study was identified eight factors that affected the number of clubs and members at An Giang University including.

1. The initiative of opening sports clubs.
2. Propaganda and advertising.

3. Facilities of the club.
4. Professional qualifications of teachers and instructors.
5. The needs of society and people for sports.
6. The operating thickness of the club.
7. Form of management and organization classes.
8. The satisfaction of participants at the club.

### 2.2. Selecting Solutions to Expand and Develop Recreational Sports Clubs at a Giang University

Selecting solutions, the study has proceeded as follows:

- Principles in selecting the solution;
- Factors affecting the operating clubs;
- The current state and factors affecting the operating clubs at An Giang University;
- Interview result;

Based on that, the study has selected 5 solutions to develop and expand Recreational sports clubs at An Giang University:

#### i. Strengthen the Propaganda and Advertising

- The aim: To provide information to students and people, An Giang University has been got sports clubs so that they can register for training.
- Doing:
  - Advertising on TV in the afternoon and the evening.

- Hanging banners, slogans in schools, public places, central area... (the area reserved for advertising).
- Associating with the District Education Office to send notice to schools.
- Regularly hosted the movement for people to know about operating of clubs in the An Giang University.
- How to evaluate: Comparing the number of people who know and register before and after the implementation of propaganda and advertising.

### ii. Improving management and organization of the club

- The aim: to manage and organize classes in the clubs in a scientific way, effective, strict and suitable for learners.
- Doing:
  - Making a detailed plan for organizing, managing, welcoming and instructing learners when registration as well as during the learning process at the club, assigning specific duties and responsibilities of each member in the club.
  - Enrolled and tested learners to fit with sport competence.
  - Meeting every week to report, evaluate the performance results of each member and to have appropriate direction.
  - The club leader regularly checks and urges the members.
  - How to evaluate: Comparing the effectiveness of the implementation of management solutions, classifying the group before and after applying the solutions.

### iii. Improving Professional Skills for the Teaching Staff at the Clubs

- The aim: to improve professional skills and to know the teaching method for different people, thereby the clubs should be improved the quality of teaching for students when joining.
- Doing:

- The clubs should be introduced to the program and training about teaching methods for teachers before each course.
- The manager checks 1-2 times/ week
- Review meeting about teaching methods for teachers every week.
- Organizing exchange among teachers of the club to learn experience together.
- How to evaluate: Compare the quality of teaching through the rate of learners achieved high results after joining the club.

### iv. Strengthening Education about Cognitive Practice for Learners

- The aim: to identify the motives, the purpose and the will of training is physical and mental health to help learners participate positively.
- Doing:
  - + Before and after practice, teachers should comment to educate awareness for students.
  - + organizing exchange experiments between learners and the clubs.
  - + Award hard-working practitioners.
- How to evaluate: Compare the voluntary practice as well as the interest of the practice.

### v. Building the Content of the Training Program Appropriately

- The aim: to give the training program appropriately for learners effectively practice.
- Doing:
  - In the beginning course, the clubs should be unified the contents of the training program for different subjects.

**Table 4:** The number of Recreational sports clubs at An Giang University

No	Club	Operating time	Practice regularly 3 times/week	Age
1	GYM	Whole year	255 people	6-23
2	Table tennis	Whole year	82 people	6-17
3	Basketball	From May to August	85 people	8-17
4	Volleyball	Whole year	105 people	18-23
5	Karate	Whole year	171 people	8-22
6	Chess	From May to August	35 people	8-18
7	Fusal	Whole year	98 people	15-35
8	Dance sports	From May to August	45 people	18-40
9	Tennis	Whole year	55 people	18-50
10	Vovinam	Whole year	45 people	6-23
	Total		976 people	

**Table 5:** The result of the participants when training at the club-An Giang University

No	Interview result		Result after training						Operating time (year)
			Good		Pass		Fail		
	Club	Learner	Number	%	Number	%	Number	%	
1	GYM	145	51	35.17	82	56.55	12	8.28	8
2	Table tennis	42	12	28.57	24	57.14	6	14.29	4
3	Basketball	64	24	37.50	32	50.00	8	12.50	4
4	Volleyball	57	19	33.33	27	47.37	11	19.30	2
5	Karate	168	65	38.69	89	52.98	14	8.33	10
6	Fusal	66	22	33.33	36	54.55	8	12.12	6
7	Chess	37	9	24.32	21	56.76	7	18.92	2017
8	Dance sports	39	11	28.21	24	61.54	4	10.26	
9	Tennis	46	7	15.22	30	65.22	9	19.57	
10	Vovinam	72	25	34.72	34	47.22	13	18.06	

- Regularly evaluating, checking the content of the training program.
- Regularly communicate with learners to understand the level of receptivity of them to adjust the content

appropriately.

- How to evaluate: evaluating learners through training and receptivity.

### 2.3. Evaluating the Effectiveness of Solutions

After selecting the five solutions to expand and develop the club, the author has conducted the application into practice. The result after one year (2016) as shown in Table 2.4. Through table 2.4 and the previous table (Table 2.1), the number of clubs increased significantly (adding 4 new clubs), with the number of participants increasing from 580 to 976.

About quality is shown according to the teacher's assessment (Table 2.5). Table 2.5 shows that the learner results are good, but most of the clubs still have a percentage of students, not requirements (8.28-19.57%).

### 3. Conclusion

Based on the assessment and analysis of the current state and factors affecting the club's operations at An Giang University. The study has selected 5 solutions that are suitable An Giang University in the expansion and development of Recreational sports clubs:

1. Strengthen the propaganda and advertising
2. Improve the management and organization of the club
3. Improve professional skills for the teaching staff at the club
4. Strengthen the cognitive education for learners.
5. Build the content of the training program appropriately.

The process of implementing 5 solutions in 2017 at the clubs of An Giang University has proved the effectiveness of developing and expanding physical education and sports clubs in schools.

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