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The current situation of some factors affecting the teaching and training process for students of grade 10 students at LY NHAN tong high school - bac NINH city

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Abstract

Using routine research methods to assess the physical situation and some factors affecting the physical training process for students of the 10 th Ly Nhan Tong High School. This is an important basis for us to select and apply exercises to improve fitness for students in grade 10, contributing to improving the quality of education in schools.

Keywords: Solution, improve physical strength, Hue University students.

1. Introduction

Resolution 29 "On fundamental and comprehensive innovation of education and training" has affirmed: "Innovating the program to develop the capacity and quality of learners, harmonizing virtue, mind, body and beauty; teaching people, teaching words and vocational training. Strengthening physical education, knowledge of national defense, security and career orientation...".

Over the past years, the Party Committee and Board of Management of Ly Nhan Tong High School have always been interested in and concerned with the school's educational work, but the quality of the physical education still has certain limitations such as: the student's physical condition is not good, physical training and sports facilities are not guaranteed... Assessing the actual situation of some factors affecting the teaching and physical training process for grade 10 students will be the premise to find out the causes of the limitations, since then, there is a direction to overcome and contribute to improving the quality of education in schools.

2. Materials and methods

To solve the task of the topic in the research process, the thesis has used the following main research methods: Methods of document analysis and synthesis; Methods of interview, seminar; Statistical mathematical methods.

3. Results & discussion

3.1 The situation of teachers of physical education at Ly Nhan Tong High School - Bac Ninh City.

Physical education teacher is a decisive factor to the quality of pedagogical education hours in the school. The results of the evaluation of the current situation of the teachers of the Kindergarten of Ly Nhan Tong School are presented in Table 1.

Table 1: The situation of physical education teacher at Ly Nhan Tong High School- Bac Ninh City

	Gender		Level		Tenor		Age	
	Male	Female	University	Post Graduate	Below 5 years	Above 5 years	< 30	> 30
Quantity	4	2	6	0	0	6	1	5
Ratio %	66.67	33.33	100	0	0	100	16.67	83.33

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Through the table 1 has the following comment

100% of PE teachers receive formal training, none of them have intermediate or college education. Teachers at Ly Nhan Tong High School - Bac Ninh Province are able to meet the requirements and tasks of the quality education. However, the survey results of the physical education teachers at Ly Nhan Tong High School showed that: In the school, there are 38 classes with 1609 pupils. The school has 6 gymnastics teachers, including 1 who are going to postgraduate study, 11 of the teacher is in Union work, so there are only 4 teachers. On average, each teacher obeys about 20 hours / week. But according to the regulations, each real teacher teaches only 17 periods / week. Therefore, in order to ensure the good performance of the physical education curriculum, the school needs to consolidate the teaching staff, and gradually improve the quality of this team.

3.2 Situation of facilities serving the educational work of Ly Nhan Tong High School - Bac Ninh City.

In order for effective physical training and sports lessons to conform to the curriculum and contents of the Ministry of Education and Training, ensuring that there are enough yards, training tools and sports equipment plays an important role in teaching. and learning by teachers and students. This is enough yards, exercise equipment, sports equipment and equipment during physical education classes, which means that "vegetarian" and "vegetarian" teaching in schools will be repelled. The results of assessing the physical facilities of the physical culture of Ly Nhan Tong High School are presented in Table 2 and Table 3.

Table 2: Situation of training ground serving the education and training of Ly Nhan Tong High School.

No	Yard, tools	Quantity	Quality
1	Weightlifting pitch	0	
2	Long jump hole	01	Poor
3	Badminton yard	02	Average
4	Basketball yard	01	Average
5	Football pitches	01	Average
6	Shuttlecock court	0	
7	Volleyball yard	01	Average
8	Sports ground (common)	01	Poor

Table 4: Current situation of awareness about the importance of education in schools

Content \ Object	Managers (n=4)	Teacher (n=25)	Student (n=200)	Parents (n=86)
Very Important (%)	0/4 (0%)	2/25 (8%)	9/200 (4.5%)	5/86 (5.8%)
Important (%)	1/4 (25%)	10/25 (40%)	81/200 (40.5%)	13/86 (15.1%)
Not important (%)	3/4 (75%)	13/25 (52%)	110/200 (55%)	68/86 (79.1%)

Interview results show that a significant number of administrators, teachers, students and parents are not fully aware of the important role of education subjects, considering this as a minor subject, unnecessary. Some school leaders consider this a supplementary subject, only a form of coping. A significant part of teachers, parents and students also underestimate the role of physical education, not fully aware of the role of gymnastics and training for the holistic development, leading to a lack of attention and attention. investment and orientation for learners in actively practicing culture combined with physical enhancement through

Table 3: The situation of equipment, physical training and sports equipment for education and training activities of Ly Nhan Tong High School.

No	Equipment	Quantity	Quality
1	Volleyball (ball)	3	Average
2	Football (ball)	2	Average
3	Basketball (ball)	2	Poor
5	Dumbbells (ball)	6	Average
6	Athletics pedal (set)	2	Poor
7	Stopwatch	0	
8	Badminton Rackets (set)	20	Poor

Through tables 2 and 3 shows

-- Back to the gym ground and gymnasium: most schools do not have a yard for physical education and sports activities. So, the PETC lesson is conducted right at the school yard. Students must practice on the tiled or cemented yard, which is very hard, causing them to feel afraid to practice. The children do the defensive exercises through the speakers. This has a significant impact on the effectiveness of physical education classes in particular and the quality of general education in schools.

- About equipment, training equipment: Tools and equipment for physical education and extra-curricular physical training for the school have just lacked in quantity and quality. This poses a need for the school leaders to invest more in physical training and sports facilities, repair poor-quality yards or build new ones, and buy training equipment (minimum). Meet the needs of teachers and students.

3.3. The situation of awareness about the role and meaning of the work of education in schools.

In order to clarify the awareness of the importance of the subject of compulsory education in schools, we conducted interviews by questionnaires. Subjects interviewed include: administrators of the school 4 people, teachers of other subjects 25 people with 200 students and 86 students' parents. Interview results are presented in Table 4

physical training and sports.

3.4. Evaluate physical condition of students of grade 10 of Ly Nhan Tong High School - Bac Ninh City.

To assess the physical fitness of students in grade 10 of Ly Nhan Tong High School, we conducted a physical test through 5 tests to assess the student's physical fitness according to the regulations of the Ministry of Education and Training 53. The specific number of subjects tested was 405 students of Ly Nhan Tong High School (including 220 boys and 185 girls). Results are presented in Tables 5 and 6.

Table 5: The situation of Physical fitness of grade 10 students at Ly Nhan Tong High School - Bac Ninh City

No	Các test kiểm tra	Classification]	Male (n=220)	Femail (n=185)
1	Lie flat on your back (times)	Good	23	14
		%	10.45	7.57
		Pass	85	76
		%	38.63	41.08
		Fail	112	95
2	Turn on the spot (cm)	%	50.90	51.35
		Good	31	18
		%	14.09	9.72
		Pass	106	98
		%	48.18	52.72
3	Run 30m XPC (seconds)	Fail	83	69
		%	37.72	37.29
		Good	26	19
		%	11.81	10.27
		Pass	105	93
4	Running shuttle4x 10m (seconds)	%	47.72	50.27
		Fail	89	73
		%	40.45	39.45
		Good	24	15
		%	10.91	8.10
5	Run for 5 minutes at your own pace (m)	pass	98	92
		%	44.55	49.72
		fail	98	78
		%	44.55	42.16
		Good	19	14
		%	8.64	7.56
		Pass	87	74
		%	39.54	40.00
		Fail	114	97
		%	51.81	52.43

Table 6: Student physical fitness results based on students' fitness evaluation criteria (According to Decision 53/2008 / QD-BGDĐT)

Grade	Gender	Result					
		Good		Pass		Fail	
		Quantity	Ratio %	Quantity	Ratio %	Quantity	Ratio %
10	Male (n=220)	21	9.5	104	47.2	95	43.1
	Female (n=185)	15	8.1	87	47.0	83	44.8

From the results of tables 5 and 6, it is shown that the percentage of students with physical fitness not meeting the standards of the Ministry of Education and Training is still quite high (accounting for 43.95%), while the percentage of students who rank well only accounting for 8.8%. This has

pointed out certain limitations in the school's educational work, one of the reasons is the use of physical development exercises for students. This is an important basis to help us solve the second research task of the topic.

The above classification results are illustrated in Figure 1

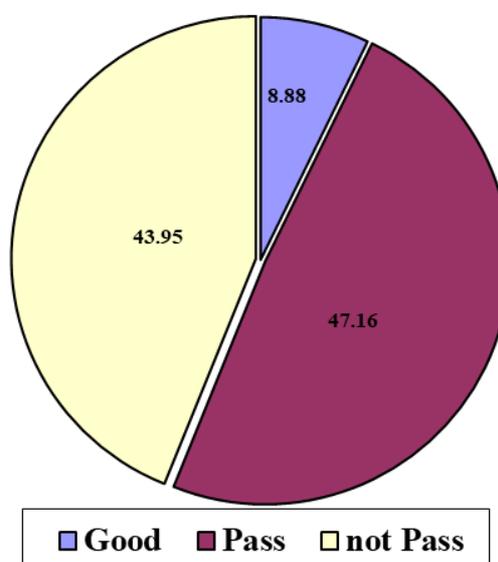


Fig 1: Physical classification rate of grade 10 students of Ly Nhan Tong high school - Bac Ninh city.

5. Conclusions

By assessing the reality of a number of factors affecting the teaching and physical training process for students of grade 10 of Ly Nhan Tong High School - Bac Ninh City, it shows that some following limitations exist:

- Facilities, training equipment have not met the needs set out.
- Lack of quantity of teachers. Remuneration for TD teachers is not satisfactory.
- A significant number of administrators, teachers, parents and students in the school are not fully aware of the importance of education.
- The level of physical fitness of students in grade 10 is still limited, the rate of Failure to meet the standard of fitness level of the Ministry of Education and Training is still high.

This is an important basis for us to select and apply exercises to develop the physical fitness for students of grade 10 of Ly Nhan Tong High School, contributing to improving the quality of the public education in schools.

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