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## Current state of teaching breast stroke technique for students of political university

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### Abstract

By research methods: material Synthesis, interviews, pedagogical tests, pedagogical experiments and statistical mathematics, the thesis has evaluated the current state of teaching Breaststroke technique for students of Political University.

**Keywords:** current state, breaststroke technique, political university.

### Introduction

Recognizing the importance of teaching for students, in recent years, the Political University has always been active and proactive in introducing new teaching method, positive teaching method etc. to improve teaching quality. The assessment of the current state of teaching swimming techniques in general and breaststroke technique in particular is an important scientific basis to adjust the teaching process, as well as a basis for selecting appropriate supplementary exercises to improve the quality of teaching Breaststroke technique for students of Political University.

### Research Methods

In the research process, the thesis uses the following methods: Method of synthesis and analysis of materials, method of interview, method of pedagogical test, method of pedagogical experiment and method of statistical mathematics.

### Research Results and Discussion

#### 1. Current state of program content and training plan of Breaststroke technique

In the program content of physical education training for students at Political University, the breaststroke technique is one of the two basic contents in the training program to practice the physical and improve the fighting power of the army. The general goal is to equip students with basic knowledge about swimming in general and breaststroke technique in particular, such as: Theory and practice of Breaststroke technique, method of drowning, and introduction for students about fully armed techniques, equipment packages swimming in the army as a basis for unit training and application in learning as well as in practice. The program content and the training plan of breaststroke technique for students is arranged to teach in the first term of the first year with a period of 30 classes divided into 15 lesson plans, each lesson plan is 90 minutes and every week study 02 lesson plans. Detailed content of breaststroke technique is presented in Table 1.

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**Table 1:** Lesson plan of Breaststroke technique for students at Political University

Item	Content	Number of class	Textbooks, Reference
Lesson plan 1	- Subject introduction - Familiarize yourself with water and learn the leg's techniques	2	Swimming curriculum Swimming book
Lesson plan 2	- Review leg's techniques - Learn arm's techniques	2	Swimming curriculum Swimming book
Lesson plan 3	- Review leg and arm's techniques - Learn breathing techniques	2	Swimming curriculum Swimming book
Lesson plan 4	- Review learned techniques - Learn arm-leg techniques	2	Swimming curriculum Swimming book
Lesson plan 5	- Review learned techniques - Test each breaststroke technique separately	2	Swimming curriculum Swimming book
Lesson plan 6	- Coordinate arm-leg-breath techniques in breaststroke	2	Swimming curriculum Swimming book
Lesson plan 7	- Complete Breaststroke technique	2	Swimming curriculum Swimming book
Lesson plan 8	- Be continue to complete Breaststroke technique - Learn starting and spinning techniques,	2	Swimming curriculum Swimming book
Lesson plan 9	- Introduce the rules and method of organizing the competition - Perfect techniques and improve fitness	2	Swimming curriculum Swimming book
Lesson plan 10	- Introduce the method of drowning - Improve fitness	2	Swimming curriculum Swimming book
Lesson plan 11	- Introduce fully armed techniques - Improve fitness	2	Swimming curriculum Swimming book
Lesson plan 12	- Introduce equipment packages swimming - Improve fitness	2	Swimming curriculum Swimming book
Lesson plan 13	- Improve fitness and organize competitions	2	Swimming curriculum
Lesson plan 14	- Mock exam	2	Course material for Physical Education and Sports
Lesson plan 15	- Exam ending subjects	2	Course material for Physical Education and Sports

Table 1 shows that: Content of Breaststroke technique for students of the Political University is designed in detail and complete and arranged the time for the learning content is quite reasonable. However, the duration of 30 periods is not much to help students can improve their physical strength and achieve the best learning result of breaststroke technique.

## 2. Current state of using teaching methods of Breaststroke technique for students at Political University

To clarify the current state of using teaching methods of Breaststroke technique for Political University students. The project conducted direct interviews with 10 lecturers in the field of physical training and sports at the Political University. The results are presented in Table 2.

**Table 2:** Current state of using teaching methods of Breaststroke technique for students at Political University (n = 10)

Teaching methods	Regularly		Infrequently		No use	
	Number	Rate %	Number	Rate %	Number	Rate %
1. Method of raising the awareness of learners	2	20	3	30	5	50
2. Method of renewing the structure of basic lesson plan	0	0	0	0	10	100
3. Method of improving teaching method	1	10	4	40	5	50
4. Method of strengthening inspection and competition	0	0	0	0	10	100
5. Method of strengthening extracurricular	5	50	5	50	0	0
6. Method of enhancing teaching aids and instruments.	0	0	2	20	8	80

The results of Table 2 show that only 3 methods of teaching are: Method of raising Awareness of learners, methods of improving teaching methods, Methods of strengthening extracurricular are taught by the lecturers of Political University infrequently and the remainder are rarely used. This may be one of the reasons leading to the lack of improvement in physical fitness and learning results of Breaststroke technique for students at the Political University.

## 3. Current state of students' learning activeness in Sports Swimming at Political University.

Use 6 criteria to assess the learning activeness of the selected students. The thesis interviewed 410 students who completed the Swimming course, including 20 female and 400 male for students of mechanical and electrical courses of course 44 at the Political University.

**Table 3:** Interview results are presented in

No.	Evaluation criteria	Division level University degree (n=198)		Division level - 2nd university (from officer) (n=212)	
		Number	%	Number	%
1	Ensure study time	187	94,44	203	95,75
2	attentively listen to the lecture	162	81,81	180	84,90
3	Fully comply with the content and requirements of the lesson	179	90,40	196	92,45
4	Average academic results and above	148	74,74	160	75,47
5	Be evaluated by teachers who have good learning attitudes	164	82,82	177	83,49
6	Ensure good exercise volume of the training session	146	73,73	158	74,52

The results presented in Table 3 shows that: Students' learning activeness is expressed through the criteria to ensure time, attentively listen to the lecture, fully comply with the contents and requirements of the lesson, learning results as well as teachers' evaluation of the good study attitude and ensure good movement volume in general, the proportion of people expressing only achieved the level from 73.77% to 95.75 %. The above survey results allow us to draw a comment on the positive learning skills of breaststroke among students at the university level, the 2<sup>nd</sup> university level from the officers of course 44 at the Political University is not high, not meeting the general requirements of the Ministry of Defense.

#### 4. Current state of the study results of breaststroke for students at the Political University.

In order to assess the Current state of learning results, the

thesis is based on the evaluation criteria that are commonly used in current universities: 50m breaststroke technique point (point), breaststroke achievement 50m (s), the farthest breaststroke distance (m) and interviewed 18 experts from Bac Ninh University of Physical Education and Sports and Political University who are qualified lecturers and long experience in teaching sports about the Swim. The above contents are considered necessary and reached 100%.

After determining the criteria for evaluating the results of swimming lessons, the thesis used these criteria to conduct tests on the electricity courses of class 44 that had finished swimming last year. With a volume of 85 students, namely: male: 65 students, female: 20 students. The results are presented in Table 4.

**Table 4:** Learning outcomes of Breaststroke technique of first year students at Political University (n = 85)

Test content	Gender	Learning Outcome									
		Excellent		Good		Average		Weak		Poor	
		n	%	n	%	n	%	n	%	n	%
Breaststroke technique point 50m (đ)	Male, n=65	7	10,7	19	29,2	28	43,1	7	10,8	4	6,2
	Female, n=20	2	10,0	5	25,0	11	55,0	1	5,0	1	5,0
Breaststroke technique achievement 50m (s)	Male, n=65	5	7,7	16	24,6	30	46,2	9	13,8	5	7,7
	Female, n=20	1	5,0	4	20,0	11	55,0	2	10,0	2	10,0
farthest breaststroke distance (m)	Male, n=65	12	18,5	15	23,1	29	44,6	6	9,2	6	4,6
	Female, n=20	2	10,0	3	15,0	9	45,0	3	15,0	1	5,0

Table 4 shows that: The percentage of male students who achieved the Breaststroke technique point 50m, swimming achievement and swimming distance is quite good, better than female students. This may explain the gender characteristics of female students who are often timid and shy, so they are less likely to participate in water activities like male.

In both male and female, the rate of achieving good and excellent grades is relatively low. Both male and female have a relatively high average rate (43.1% to 55.0%), which proves that the quality of Breaststroke technique learning still has certain limitations.

**Source of the article:** The article is extracted from the master thesis "*current state teaching breast stroke technique for students of political university*" which was successful protected in June 2018: Author of the thesis: Masters Nguyen Tien Đông. Scientific instructors: Doctor Pham Duc Toan Bac Ninh Sports University

#### Conclusion

An assessment of the current state of teaching Breaststroke technique for students at Political University shows that: The amount of learning time is not much, the learning motivation is not high, the level of normal physical development, The study results of Breaststroke technique among both male and female students, the rate of poor performance is still relatively high (male 4.6% to 13.8, female 5.0% to 15.0%).

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