



P-ISSN: 2394-1685  
E-ISSN: 2394-1693  
Impact Factor (ISRA): 5.38  
IJPESH 2020; 7(4): 160-163  
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[www.kheljournal.com](http://www.kheljournal.com)  
Received: 19-05-2020  
Accepted: 21-06-2020

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## Selection of measures to improve effectiveness in learning basketball for non-physical education major students of BAC NINH sports university

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### Abstract

Based on the assessment of the current state of teaching and learning basketball for non-physical education major students of Bac Ninh Sports University, the research selected a number of measures to ensure scientific basis and suitable to the actual teaching conditions to improve the effectiveness of basketball learning for non-physical education major students of Bac Ninh Sports University. In order to confirm the effectiveness of the selected measures, the research interviewed with experts to determine the effectiveness of the measures in practice.

**Keywords:** Measure, basketball, learning effectiveness

### Introduction

Currently, improving the quality of teaching and training students of Bac Ninh Sports University is a task posed by the Party Committee and the Governing Board. The University pays great attention in researching measures to improve teaching and learning effectiveness to meet the practical requirements of the training, while considering the actual condition of available facilities and teaching staff of basketball and the assessment of the current state of basketball program for non-physical education major students. The research has selected measures to improve the effectiveness of subject learning for non-physical education major students of Bac Ninh Sports University. In order to confirm the effectiveness of the selected measures, the research attempted to verify the measures to improve the effectiveness of learning basketball for non-physical education major students of Bac Ninh Sports University.

### Research Methods

The research process used the following research methods: Method of data analysis and synthesis; Method of interviewing seminars; Method of pedagogical observation; Method of mathematical statistics.

### Research Findings and Discussion

#### 1. Current state of basketball academic results of non-physical education major students of Bac Ninh Sports University

In order to assess the current state of the basketball academic results of non-physical education major students of Bac Ninh Sports University, the research synthesized academic results of non-physical education major students in 51st and 52nd courses. The results are presented in Table 1.

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**Table 1:** Basketball academic results of non-physical education major students of Bac Ninh Sports University in the year 2019 (n=190)

Subject	Ranking results (mark)											
	Excellent (10)		Very good (9-8)		Good (7)		Average (6-5)		Weak (4-3)		Poor (<3)	
	SL	%	SL	%	SL	%	SL	%	SL	%	SL	%
51st course (n=95)	5	5.2	15	15.7	30	31.5	39	41	6	6.3	0	0
52nd course (n= 95)	7	7.3	17	17.8	32	33.6	35	36.8	4	4.2	0	0

Table 1 shows that: The learning results of non-physical education major students in 51st and 52nd University courses have a trend of gradual improvement but are not significant, in which the ranking rates of 6 levels are similar. Students achieving excellent academic results are few, while the percentage of students with very good marks has increased but not significant, accounting for only 15.7% - 17.8%. On the other hand, the number of average students is high, from 36.8 to 41%. There are no students at poor level but there are still students at weak level (4.2-5%).

**2. Assessment of awareness, learning motivations and factors affecting the effectiveness of learning basketball for non-physical education major students of Bac Ninh Sports University:** In order to assess the current state of learning awareness and the factors affecting the self-study of students, the research interviewed 43 students of the 51st course of physical education about 03 factors: Identify motivation and learning awareness; Determine the time and duration of self-study of students; Identify self-study methods of students. Interview results are presented in Table 2.

**Table 2:** Interview results to assess awareness and interest in basketball of non-physical education major students of Bac Ninh Sports University (n=43)

S. No.	Question	Answer choice	Number of opinion	Percentage%
1	Do you like studying basketball?	Like a lot	8	18.6
		Like	23	53.5
		Dislike	12	27.9
2	Why do you study this subject?	High mark	23	53.5
		Skill improvement	6	13.9
		Competition	3	7.0
		Obligatory	11	25.6
3	Will this subject help you after graduation?	Yes	25	58.1
		No	18	41.9
4	Which period do you usually self-study this subject?	During the day after class	2	4.7
		A few weeks before exam	5	11.6
		A few days before exam	29	67.4
		Other time	7	16.3
5	When do you usually study?	Free time	15	34.9
		In the evening	20	46.5
		Early morning	8	18.6
6	Do you participate in extracurricular activities?	No	15	34.9
		Sometime	22	51.2
		Regularly	6	13.9
7	How do you spend your time self-studying this subject?	A lot	2	4.7
		A little	14	32.6
		Normal	29	67.4
8	Compared to other practical subjects, how much time do you spend on this subject?	More	9	20.9
		Less	10	23.2
		Equal	24	55.8

Table 2 shows that: The number of students determining high marks to be their purpose of learning accounts for 53.5%. The number of students studying to improve their skills accounts for a low rate of 13.9%. On the other hand, there are still 27.9% of students who do not like to study. For students studying for high marks, their learning is based on principles outside of the real purpose and has a shallow approach.

For students who practice not because of skill improvement, they only study a few weeks before the exam or even a few days before an exam or test. The number of these students is relatively high, accounting for 67.4%.

The number of students who participate in regular extracurricular activities before class is low, accounting for only 13.9%. That is the irrationality of the self-study of students. Thus, the current state of students' learning awareness still has many issues that need to be solved, from developing learning motivation to scheduling students' time and self-study methods.

### 3. Selection of measures to improve effectiveness in learning basketball for non-physical education major students of Bac Ninh Sports University

Based on the practical conditions ensuring teaching, through reference to documents as well as practical teaching, the research selected the following principles

**Principle 1:** Ensure scientific basis

**Principle 2:** Be suitable for practical conditions and subjects

**Principle 3:** Be thorough with the training objectives

Based on the basis and principles to select measures, through reference to documents and the current state of teaching and learning basketball of Bac Ninh Sports University students, the research selected 13 measures, then interviewed 20 teachers who are teaching at the University to find out which measures are suitable to practical conditions. The proposed measures rated at important level or higher account for a high proportion (65% or more). Based on that, the research chose 06 measures voted at very important level (75% or more) in

order to improve the effectiveness of basketball learning for non-physical education major students of Bac Ninh Sports University. They are

- 1) Change the way of thinking of students
- 2) Innovate teaching methods
- 3) Strengthen the organization of sport competition inside and outside of school according to the policy of socialization
- 4) Create an incentive for students to participate in extracurricular activities
- 5) Foster self-study method for students
- 6) Count extra time for teachers to instruct extracurricular activities

#### **4. Proposal of measures to improve the effectiveness of learning basketball for non-physical education major students of Bac Ninh Sports University**

##### **4.1. Measure implementation method**

###### **Measure 1: Change the way of thinking of students**

**Purpose:** This measure will help students understand the meaning, effect and importance of the subject during study and after graduation, from which students can choose for themselves the way to study and time investment for practice. On that basis, students will change their minds: Determine that learning is gaining knowledge, maturing in thinking and life skills, which will act as a basis for future work rather than studying for a degree (Many students sitting in lecture halls make a big mistake when thinking that studying is only to get a degree); Change the way of learning: from passive learning to active learning, students learn and research by themselves to acquire knowledge. This is also a prerequisite for students to get better academic results.

**Content of implementation:** In the first lesson of the teaching process, teachers will spend time to generalize the content of the subject, then analyze for students the meaning and importance of basketball in the learning process and after graduation.

- Tell students about the requirements for bachelor of physical education and basketball, the skills equipped through basketball, the value of those skills to learners in practical work, from which students can get an overview of their future work.
- Tell students the system of skills needed for the subject and the method that can be applied in the subject.

###### **Measure 2: Innovate teaching methods**

- **Purpose:** Arrange and reallocate the content of the subject accordingly, balancing theory and practice. Innovate teaching methods to actively enhance the students' learning activities, rationally use and make the most of the facilities, equipment yards and other conditions of the University.

###### **Content of implementation**

- Arrange and reallocate the content of the subject accordingly, balancing theory and practical learning.
- Develop new and complete subject records such as curriculum, teaching process, lecture outline, lesson plans, curriculum and reference materials for the subject, the standard test and evaluation system, etc.
- Use teaching methods aiming to create active learners by: Adding more equipment to teach students to understand the meaningful purpose of physical education and sports, making the most of the time spent for students practice,

increasing the use of game and competition, creating situations for students to participate in activities. Attention should be paid to physical development in every lesson. When testing and evaluating students' academic results, they must be serious, objective and fair.

###### **Measure 3: Strengthen the organization of sport competition inside and outside of school according to the policy of socialization**

- **Purpose:** Create a playground, motivate students to participate in practice, and create an environment for students to interact with basketball practice and competition.

###### **Content of implementation**

- Organize annual sports competitions such as:
- Tournaments organized by the Youth Union to celebrate March 26
- Sports activities to celebrate November 20
- Friendly sports competitions between teams inside and outside the school such as: competition between courses, faculties

###### **Measure 4: Create an incentive for students to participate in extracurricular activities**

- **Purpose:** Motivate students to participate in extracurricular activities with the sports that they are studying.

###### **Content of implementation**

- The subject department prepares facilities such as courts, balls, auxiliary tools and specialized students to guide practice in the afternoons from 16h30-18h
- Students who actively go to practice will be checked and recorded by their friends, then have programs such as proposing the school and the specialized subject department to give training points and priority points.

###### **Measure 5: Count extra time for teachers to instruct extracurricular activities**

- **Purpose:** Create motivation and encouragement for teachers to be more active in extracurricular instruction for students. Contribute to improving the quality of sports learning for students.

###### **Content of implementation**

- The school regulates specific hours for teachers to actively prepare lesson plans for extracurricular activities. On the basis of counting extracurricular activities teaching time as the main teaching time, teachers directly participate in teaching extracurricular activities for students
- Teachers are responsible for setting up guiding groups, supporting them in terms of expertise, organizing training and competition activities, helping them to better understand the content and practice techniques learned.
- Teachers manage and guide students to participate in extracurricular activities according to the teaching plan.

###### **Measure 6: Foster self-study method for students**

- **Purpose:** Self-study is one of the basic forms of teaching that is highly independent and imbued with individual nuances but is closely related to the teaching process. In self-study, students are the subject, the center, acquiring knowledge and principles by their own actions and self-

development within. This is the basis for improving learning effectiveness, eliminating the habit of rote learning, cramming specific questions, and improving their knowledge of the subject.

### **Content of implementation**

- Teachers orient and analyse study time and practice content for students.
- Next, the teachers instruct students about self-study methods, how to perform professional techniques, how to relate and apply theory and practice to make use of what they practice in actual situations.
- Teachers instruct students on how to analyze, synthesize, test, and assess themselves.
- To help students have such methods of self-study, teachers can directly instruct them in the classroom, through lectures that formulate students the right and effective self-study methods.

### **Conclusion**

On the basis of assessing the current state of learning basketball for non-physical education major students of Bac Ninh Sports University, the topic proposed 6 measures to improve the effectiveness of learning basketball for non-physical education major students of Bac Ninh Sports University: (1). Change the way of thinking of students (2). Innovate teaching methods (3). Strengthen the organization of sport competition inside and outside of school according to the policy of socialization (4) Create an incentive for students to participate in extracurricular activities (5). Foster self-study method for students (6). Count extra time for teachers to instruct extracurricular activities. The results of the verification interview confirmed that the above measures initially have the effect of improving the effectiveness of learning basketball for non-physical education major students of Bac Ninh Sports University.

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