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Status of extracurricular sports activities students of Thai Nguyen high school, Viet Nam

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Abstract

By the usual scientific research methods, the author has assessed the situation of extracurricular sports activities of Thai Nguyen High School students, as a basis for proposing measures to improve the efficiency of extracurricular sports activities in the school.

Keywords: Extracurricular sports, students, Thai Nguyen high school, Vietnam

1. Introduction

Physical education in the school includes: Regular physical education classes and extracurricular sports activities (NK Sports) are included in physical education in the school. These are two activities with different organizational forms but the same goal; they are two stages of an educational process with the motto: learning goes hand in hand with practice, training combines with self-training. Imported physical education activities are a favorable condition for students to practice their skills and show their talents, and especially, they make students more interested in and interested in the subject of physical education. Therefore, in order for physical education to be really effective, in addition to the school's efforts, it is required that students actively and actively participate in extracurricular sports and physical activities with the role of subject and output from their own needs. A preliminary survey shows that the imported sports and sports activities of students at Thai Nguyen High School have not yet brought about high efficiency for many reasons. Imported sports and sports mainly operate on a single model. Sports are not rich and diverse, organizations have problems, management of activities is not strict, there are no solutions to ensure scientific integrity, so there is no solution that attracts many students to participate. Therefore, correctly and accurately assessing the status of extracurricular sports activities is urgent and has practical significance, as a basis for proposing measures to improve the effectiveness of sports activities and extracurricular sports in school.

Stemming from that practice, the topic studies the current situation of extracurricular sports activities of Thai Nguyen high school students. Thereby, it will be found solutions to organize extracurricular sports activities of students to improve extracurricular sports activities and develop sport movement in the school is a very necessary and important task.

2. Research Methods

During the research process, the topic used the following research methods: Method of document analysis and synthesis; Methods of interviews and discussions; Methods of pedagogical examination; Statistical Mathematical Methods.

Survey subjects: 200 students (male 160, female 40)

3. Research results and Discussion

3.1 The reality of extra-curricular sports practice of students at Thai Nguyen High School, Viet Nam

Assessment of the actual practice of students through 3 levels (according to Circular No. 01/2019/TT-BVHTTDL Regulations on assessment of mass physical training and sports movements):- In the "Regular" level of exercise is someone who exercises at least 3 times a week; Practice at least 30 minutes each time and every week.

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- At the level of "irregular" exercise is a person who practices only 1 or 2 times a week but does not practice every week.
- At the level of "No practice" is a person who does not

practice sports outside of school, does not participate in any physical activity, even if it is organized in any form outside of regular physical training hours at the school. The results are presented in Table 1.

Table 1: The situation of diligent training of students of Thai Nguyen High School, Viet Nam

TT	Level of diligence	Total (n=200)		Gender			
				Male (n=160)		Female (n=40)	
		mi	%	mi	%	mi	%
1	Regular	31	15,5	22	13,75	9	22,5
2	Irregular	47	23,5	36	22,5	11	27,5
3	No practice	122	61	102	63,75	20	50

From the results of Table 1, it can be seen that: Overall, up to 61% of students do not participate in extracurricular sports, the number of students who regularly exercise accounts for a very low percentage (15.5%), the rest do not regularly account for 23.5%. Thus, the total number of students participating in sports training is 78, accounting for 39% of the total. The above results have shown that the Vietnamese high school students' diligence in practicing sports is low, and the students' practice has not yet become a habit. The results also show that the percentage of female students participating in extracurricular activity training is higher than that of male students.

3.2 Current Status of motivation to participate in Extracurricular Sports Activities of students at Thai Nguyen High School in Viet Nam

To understand the motivation of students to participate in extracurricular activities, the topic interviewed 78 students who participated in the practice (58 male students and 20 female students). The statistical results are presented in Table 2. Statistics show that the motivation to participate in extracurricular sports is very diverse, in which the number of students who think that learning sports outside of school due

to learning needs accounts for the highest proportion (43.59%), while arithmetic students asked about improving sports performance only accounted for a small percentage (6.41%). The remaining engines account for an average of 12.8–19% of the total. The results also clearly show that there is no big difference between men and women.

3.3 Actual situation of extracurricular physical training and sports content of students at Thai Nguyen High School, Viet Nam

An evaluation of the current situation of the content of extracurricular exercises was conducted through interviews with a number of students who participated in the practice. The results are presented in Table 3. The results of Table 3 show that: The reality of extracurricular sports chosen by students is quite diverse; the percentage of students participating in practice is not equal, in which the sports that male students practice the most are: football (44.8%), volleyball and basketball (12.06%), aerobic subjects did not have any students selected, and the remaining subjects accounted for a low rate of 5–10%. For female students, the selection is spread across subjects and martial arts without any students participating in the selection.

Table 2: The situation of extracurricular sports training engine of Thai Nguyen high school students in Viet Nam

TT	Interview content	Interview results					
		Male(n=58)		Female(n=20)		Total(n=78)	
		mi	%	mi	%	mi	%
1	Promoting health	11	18,9	4	20	15	19,23
2	Improve athletic performance	4	6,9	1	5	5	6,41
3	Due to the need to learn	26	44,8	8	40	34	43,59
4	Entertainment	9	15,5	5	25	14	17,9
5	Be interested, realize the great role of sports	8	13,8	2	10	10	12,8

Table 3: Actual situation of extracurricular sports content of students at Thai Nguyen High School in Viet Nam.

TT	Training content	Interview results				Total pupils (n=78)	
		Male(n=58)		Female(n=20)			
		mi	%	mi	%	mi	%
1	Volleyball	7	12,06	1	5	8	10,25
2	Basketball	7	12,06	2	10	9	11,53
3	Badminton	5	8,62	5	25	10	12,82
4	Athletics	4	6,9	4	20	8	10,25
5	Aerobic	0	0	4	20	4	5,12
6	Martial art	3	5,17	0	0	3	3,84
7	Football	26	44,8	2	10	28	35,9
8	Shuttle cock	6	10,34	2	10	8	10,25

3.4 Actual situation of organizing extracurricular exercise and sports of students at Thai Nguyen High School in Viet Nam

The actual situation of organizing extracurricular physical training and sports were surveyed through interviews. The

results are presented in Table 4.

Regarding the form of organization: currently, the majority of students are practicing in the form of an uninstruced organization (75.64%), but infrequently, the percentage of students practicing with an instructor is (14,1%), organizing

regular exercise with instructor accounts for a very low percentage (10.25). This result shows the lack of interest of the school, teachers, and especially the role of the Youth Union in this work.

About the time of practice/day: Most students only practice for <30 minutes, accounting for 65.38%. The number of students practicing from 30 to 60 minutes is lower, accounting for 23.07%. The number of students who practice for more than 60 minutes accounts for only a small proportion of only 11.53% and is mainly male students.

About the time of practice: most students practice in the afternoon after school (61.53%), while the number of students who practice in the morning is less (20.51%). There is also a small percentage of students who exercise in the evening (17.94%).

Regarding the number of practice sessions/week: The number of students who regularly practice extracurricular sports (≥ 3 sessions/week) accounts for a very small percentage of 20.51%. The rest of the students only practice extracurricular sports courses with 1 session/per week (79.48%).

Table 4. The actual situation of extracurricular training and sports activities of students at Thai Nguyen High School in Viet Nam (n=78)

TT	Interview content	The response categories	Sum	
			mi	%
1	Organizational form	Have regular guidance.	8	10,25
		There are infrequent guidance.	11	14,1
		No instructor	59	75,64
2	Duration of training/day	<30 minutes	51	65,38
		30 - 60 minutes	18	23,07
		>60 minutes	9	11,53
3	Training time	Morning	16	20,51
		Evening	48	61,53
		Night	14	17,94
4	Number of training sessions per week	1 - 2 sessions	62	79,48
		≥ 3 sessions	16	20,51

3.5 The reality of awareness about the need for extra-curricular sports training among students at Thai Nguyen High School in Vietnam

To assess the awareness of the need for extra-curricular sports training for students at Thai Nguyen High School, the study conducted interviews with 20 teachers who are teaching at schools in Thai Nguyen city, Vietnam and 200 The results are presented in Table 5. Thus, it can be seen that both teachers and students benefit. The school believes that extracurricular exercise and sports are necessary for students. These will be favorable conditions for the organization of extracurricular sports activities at the University.

Table 5: Results of the assessment of the level of necessity for extracurricular sports for students at Thai Nguyen High School in Viet Nam.

TT	Interview subjects	The level of necessity	Feedback	
			mi	%
1	Teacher (n=20)	Very necessary	17	85
		Necessary	03	15
		Unnecessary.	0	0
2	Pupil (n=200)	Very necessary	179	89,5
		Necessary	16	8
		Unnecessary.	05	2,5

4. Conclude

The results of the study on the current extracurricular sports activities of Thai Nguyen high school students in Vietnam show that: most students have not identified the right motivation for exercise; The level of diligence is not high and has not become a regular habit; the content of extracurricular exercises is diverse and dispersed across many sports; self-training is the main form and the practice time is small. These are limitations affecting the quality and effectiveness of extracurricular sports activities of the school's students. However, both students and teachers of the School have the correct awareness of the need for extracurricular sports, which is a favorable precondition for proposing measures to improve performance. results of extracurricular sports activities in the

school in the future.

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