



P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (RJIIF): 5.38
IJPESH 2024; 11(2): 224-227
© 2024 IJPESH
www.kheljournal.com
Received: 19-02-2024
Accepted: 24-03-2024

Tran Ngoc Hai
MSc. Nguyen Thi Phuong,
Lecturer in the Department of
Sports Management, Danang
University of Physical Education
and Sports, Vietnam

Researching solutions for developing the movement gym training in hue city - Thua Thien Hue province – Vietnam

Tran Ngoc Hai

Abstract

The right assessment of the situation and selecting solutions to develop the gym movement in Hue city - Thua Thien Hue province, is essential to promote the role and effectiveness towards the response of Social practice sets.

Keywords: Gym, situation, solution, role, efficiency, Hue city - Thua Thien Hue province

1. Introduction

Gym is an abbreviated term for the word Gymnastics, which is understood as a gym, we often have the concepts of Gym room, Gym room. Gyms will have a lot of modern tools and equipment to help you train certain muscle areas. Instead of exercising at home, going to the gym will help you get effective support tools, increasing efficiency. results of exercise.

Gyms in Hue City are now increasingly opening with many accompanying amenities and services. However, in reality, there are still difficulties in developing the Gym movement in Hue city - Thua Thien Hue province. Specifically:

Facilities: machinery and equipment at gyms in the area are lacking and need to be renovated.

Qualification of coaches: the number of coaches is small and their professional qualifications are not high.

From that reality, it is necessary to have synchronous and appropriate solutions from relevant levels in the district to meet the requirements.

2. Research methods

Research methods: Document analysis and synthesis method, interview and discussion method, pedagogical observation method, social investigation method, statistical mathematical method.

3. Research results

3.1 Current status of Gym clubs in Hue city, Thua Thien Hue province

3.1.1 Assess the current situation of population structure and number of clubs in Hue city, Thua Thien Hue province

Table 1 shows that the number of people participating in Gym training in Hue city, Thua Thien Hue province increases gradually with age in number, but there is a large difference between men and women (more men than women). This proves that the young generation (under 18 years old) in Hue city, Thua Thien Hue province is not interested in Gym. Seniors and middle-aged people (over 40) in Hue city, Thua Thien Hue province participate in the largest number of gym exercises, mainly to exercise.

3.1.2. Evaluation of the conditions of facilities and equipment serving gyms in Hue city, Thua Thien Hue province

Through the statistical results in table 2: it shows that the technical facilities for Gym training in Hue city - Thua Thien Hue province are still lacking and unsatisfactory, especially the gym floor and training facilities. mats, cooling systems, training materials.

Corresponding Author:
Tran Ngoc Hai
MSc. Nguyen Thi Phuong,
Lecturer in the Department of
Sports Management, Danang
University of Physical Education
and Sports, Vietnam

Table 1: Current status of the number of members, ages, and genders participating in the Gym exercise movement in Hue city - Thua Thien Hue province

Order	Number of clubs	Age	Characteristic		Percent (%)	
			Sex	quantity		
1	40	Under 16	Male	80	70	87,5
			Female		10	12,5
2		16 - 20	Male	150	120	80
			Female		30	20
3		20 - 25	Male	170	140	82.4
			Female		30	15.6
4		25-35	Male	200	160	80
			Female		40	20
5		35-40	Male	220	160	72.7
			Female		60	27.8
6		40-50	Male	250	210	84
			Female		40	16
7		Over 50	Male	300	220	73.3
			Female		80	26.7

Table 2: Current status of facilities and technical equipment serving Gym activities in Hue city - Thua Thien Hue province

order	Content - equipment	Standards	2022		2023	
			Quantity	Quality	Quantity	Quality
1	Gym	1000 - 1500m ² The floor must be made of rubber mats	40 100- 400 m ²	Not reached	40 100- 400m ²	Not reached
2	Mirror system	The floor must be made of rubber mats Mirrors must be on 3 sides, except the main door, 30 cm from the floor, 1 m 80 high	40	Obtain	40	Obtain
3	Cooling system	2 air conditioners/ Club	60	Not reached	70	Not reached
4	Sound system	The speaker must have full bass and treble, and the sound must be clear	20	Not reached	25	Not reached
5	Presentation system for training	At least 1 basic TV/1 practice floor, clear and not blurry	40	Đạt	40	Đạt
6	Training equipment system	Dumbbells (dumbbells, barbells,...), exercise machines (treadmills, power assist,...), exercise bars must have at least 1 set/club	20	Not reached	30	Not reached

3.1.3. Evaluation of the professional qualifications of guides and coaches working at Gym clubs in Hue city - Thua Thien Hue province

Table 3: Trainer, Gym instructor in Hue city area

order	Type of coach	Long time practitioner	Beginner
1	owner coach	40	20
2	contract coach	72	280
Total		112	300

Table 3: shows that the qualifications and number of tour guides and trainers in Hue city - Thua Thien Hue province

ensure the minimum requirements to teach the subject, but the number is still lacking. Professional experience is still limited.

Table 4: Distributing Gym training programs and plans in Hue city - Thua Thien Hue province

Order	Content	Number of training sessions	Percent (%)	Program distribution/1 year	
1	Gym (Popular)	Practice	180	93.8	4 sessions/week
		Nutrition topic	12	6.2	
2	Gym (Attached)	Practice	134	93.1	3 sessions/week
		Nutrition topic	10	6.9	

Table 4 shows us that the Gym training movement in Hue city - Thua Thien Hue province only focuses on Gym (mass) but not on Gym (private), with limited athletes participating. Hue Gym Open tournaments as well as national Gym tournaments.

who love this Gym is very high. Practitioners are aware of the necessity of this Gym for their health and daily life. On the other hand, the limiting factors are lack of guides, coaches, instructors, and facilities.

3.1.4. Assessment of exercise needs and number of people participating in gyms in Hue city: Table 6: shows that the favorite motivation of Gym practitioners is high (50%) or more, this Gym is suitable for the personal strengths of the practitioner; be guided, encouraged and supported by guides, coaches, family and friends. The awareness of practitioners

3.1.5. Identifying factors affecting the development of the Gym exercise movement in Hue city, Thua Thien Hue province

Through a survey of the opinions of managers, guides, and coaches on the difficulties and limitations in the Gym exercise movement in Hue city - Thua Thien Hue province today,

Table 5: Favorite needs and limitations in Gym training in Hue city - Thua Thien Hue province (n= 50)

Order	Influence level	Much (%)	Medium (%)	Little (%)	Do not have (%)	Note
A. Favorite motivation	Due to the attractive and attractive nature of the Gym exercise movement.	90	6	4	0	
	Suitable for personal strengths	80	12	8	0	
	Have a coach and friends to encourage you	85	10	5	0	
	There are enough modern training facilities and equipmen	65	10	25	0	
	Encouraged and facilitated by family	100	0	0	0	
B. Purpose of practice	Necessary for activities in daily life	80	10	10	0	
	Exercise for health	100	0	0	0	
	Practice to know	100	0	0	0	
C. Limiting factors	Practice to become a Bodybuilder	20	30	42	8	
	Gym is difficult to practice	50	20	30	0	
	Inadequate personal health	58	12	30	0	
D. Limiting factors	Lack of specialized and highly qualified guides and coaches	65	15	5	15	
	Lack of equipment for training	72	12	16	0	
	Lack of widespread and engaging movement	50	20	30	0	
	Lack of family conditions to invest in additional training	42	28	20	10	

Table 6: Opinions on difficulties affecting the development of the Gym exercise movement in Hue city, Thua Thien Hue province (n= 30)

Order	Influence level Difficulties scarf - restriction	Much (%)	Medium (%)	Little (%)	Do not have (%)	Note
1	City leaders at all levels still pay little attention	59,9	23,3	16,8	0	
2	Practitioners lack understanding and love interest	56,6	30	13,4	0	
3	Lack of guides, coaches, and specialized instructors	63,3	20	16,7	0	
4	raining programs and plans are limited and inappropriate	66,6	26,6	6,8	0	
5	The practice room and practice floor are not up to standard	83,3	16,7	0	0	
6	Lack of training support equipment (sound, machines, etc.)	53,3	33,3	13,4	0	
7	Lack of practice and reference materials	46,6	30	23,4	0	
8	Lack of extracurricular activities – exchanges between clubs and competitions	76,6	13,3	10,1	0	
9	Lack of information promotion and communication about the Gym	66,6	20	13,4	0	

it shows the interest of The city's leadership levels are still limited. Most practitioners still lack understanding and concern about the Gym. Training plans, teaching materials, technical facilities, competitions and extracurricular activities still have many limitations. There are few specialized guides

and trainers. Promotion and communication about the Gym is still limited.

3.2. Solutions to develop the Gym training movement in Hue city - Thua Thien Hue province

Table 7: Results of interviews to select solutions to develop the Gym exercise movement in Hue city - Thua Thien Hue province. (guides, coaches n=20)

Order	Necessary level Solution content	Very necessary (3 points)	Necessary (2 points)	Need (1 point)	Not needed (0 points)
1	Leaders at all levels pay attention and have regulations and guidelines to encourage them	51	6	0	0
2	Improve understanding of social benefits of Gym	48	8	0	0
3	Additional guides and professional trainers	51	6	0	0
4	Develop a gym program suitable for exercise subjects	48	8	0	0
5	Add adequate padding to the floor.	60	0	0	0
6	Equipped with sufficient and synchronous technical means	60	0	0	0
7	Coordinate with units and organizations to organize tournaments for exchange.	36	4	2	0
8	Supplement practice and reference materials	45	10	0	0
9	Promote media information about the Gym	60	0	0	0
10	Open Gym training courses	18	0	0	0
11	Open weekend extracurricular days at clubs	21	0	0	0

Through table 8: the results of interviews with knowledgeable guides and coaches show that Hue city - Thua Thien Hue province needs to pay attention to basic solutions such as raising awareness and understanding for practitioners, students, and teachers. Investing in technical facilities and guides and coaches to coordinate and organize practical activities are necessary and very necessary solutions with relatively high scores (45 - 60 points).

Through the interview survey of gym practitioners (table 3.9) who are interested in gym training, it shows the level of assessment and recommendation of gym practitioners that the club needs to pay attention to investing in training in various measures. Methods such as: guiding and encouraging practitioners, building appropriate training plans and training

conditions as well as social exchange activities are extremely necessary to improve the quality and effectiveness of the Gym training movement. In the city.

After interviewing teachers, coaches, and trainees, we selected 4 groups with 9 solutions: Group of solutions on facilities, technical equipment and infrastructure to ensure Gym teaching and practice activities.

Solution group for specialized staff and lecturers.

Solution group on the attention and direction of district leaders, guidance and orientation about Gym.

Group of solutions for promotion, information, and widespread propaganda about Gym.

Table 8: Level of assessment and proposed solutions to develop the Gym exercise movement of people in Hue city, Thua Thien Hue province (Practitioners, n=40)

Order	Necessary level Solution content	Very necessary (3 points)	Necessary (2 points)	Need (1 point)	Not needed (0 points)	note
1	Leaders at all levels pay attention and have regulations and guidelines to encourage them	114	2	1	0	
2	Improve understanding of social benefits of Gym	105	8	1	0	
3	Additional guides and professional trainers	120	0	0	0	
4	Develop a gym program suitable for exercise subjects	96	10	3	0	
5	Add adequate padding to the floor.	120	0	0	0	
6	Equipped with sufficient and synchronous technical means	120	0	0	0	
7	Coordinate with units and organizations to organize tournaments for exchange.	120	0	0	0	
8	Supplement practice and reference materials	120	0	0	0	
9	Promote media information about the Gym	120	0	0	0	
10	Open Gym training courses	80	0	0	0	
11	Open weekend extracurricular days at clubs	75	0	0	0	

4. Conclusion

Through the survey analysis process, it shows that the reason why the Gym exercise movement in Hue City, Thua Thien Hue Province is still not good is for a number of reasons such as: population density and number of Gym clubs. The area is not uniform, the conditions of facilities and equipment for the Gym exercise movement in the area are still rudimentary and not yet equipped with modern equipment, and the qualifications of the coaches and guides working in the area are uneven. Clubs in the area are weak and not fully equipped with knowledge. For these reasons, the number of people participating in gym training is still small.

Through the process of researching and identifying the factors and reasons why the Gym exercise movement in the area has not developed, I have proposed some specific solutions to develop the Gym exercise movement in the city. Hue, Thua Thien Hue province.

5. References

1. Decision No. 168/QD-STDTT dated November 19, 2007 of the Director of the Department of Physical Training and Sports.
2. Hoang Trong, Chu Nguyen Mong Ngoc. Analyzing research data with SPSS volume 1, Hong Duc Publishing House, Ho Chi Minh City, 2008, 2.
3. Discussion about Gym - Direction for sports brands, Understanding target customers (by Buzzmetrics Joint Stock Company; c2016).
4. City. Hue: flourishing private investment model for socialization of physical education and sports; c2018.
5. How to research the market before opening a Gym - Project_Gym master; c2021.
6. History of formation & development of Gym - copyright belongs to MD Fitness. By CTG Vietnam; c2022.