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Tran Thuy Ngoc Minh
Ho Chi Minh City University of
Education, Vietnam

Chau Vinh Huy
Ho Chi Minh City University of
Physical Education and Sport,
Vietnam

Pham Thi Le Hang
Ho Chi Minh City University of
Education, Vietnam

Building up the criteria for evaluating the implementation of sports club activities in Hochiminh city high schools, Vietnam

Tran Thuy Ngoc Minh, Chau Vinh Huy and Pham Thi Le Hang

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Abstract

The purpose of this study was to find out the current implementation of sports club activities in some high schools at Hochiminh City, Vietnam. 40 experts in coaching and teaching in sports club participate to find out the criteria for evaluating the implementation of sports club. Through the practical basis, literature review, specificity in high schools at Hochiminh City, interview experts, statistical analysis, and evaluate the reliability of the criteria, results have been built up 14 criteria which has contributed to evaluate the implementation of sports club, they were (1) about the management, (2) about the facilities, (3) about the teachers/coaches participating, (4) about the cost of participating, (5) about the training contents, (6) about the diversity of sports, (7) about the duration of training, (8) about the location of training, (9) about how to participate sports club, (10) about the time of training, (11) about reasons for participating, (12) about motivation for participating, (13) about the satisfaction, and (14) about the level of physical fitness. In conclusion, 14 criteria were selected which has contributed to evaluate the implementation of sports club in Hochiminh city high schools, Vietnam; however, it needed to consider the specific context of each sports club in each high schools, as factors like type of sport, age, training level would influence the relevance and importance of different criteria.

Keywords: The implementation, sports club, high schools, the criteria, expert's interview

1. Introduction

Sports club is a type of club for one or more sports, which can be organizations with members competing together, without paying, sometimes competing with other clubs, and being cheered on by family or friends (Wilson, 2009) ^[10]. They can also be large commercial organizations with professional athletes, owning sports teams that regularly compete with other clubs and attract many paying spectators. In order to build a mass sports movement that develops stable, long-term, and effectively, it is necessary to first build the grassroots sports club models. According to Decision No. 1589/2004/QĐ-UBTĐTT on promulgating regulations on organizing grassroots sports club activities, it has become the legal basis for the grassroots sports club system to be formed and widely developed nationwide. Sports club are a special type of sport that aims to satisfy the needs of physical training and entertainment, with special appeal, especially for young people, not only bringing joy when defeating opponents in competitions or overcoming difficulties, but also increasing physical fitness and health. Sports club also provided a pathway for appropriate exercise and might contribute to improving physical fitness levels and reducing stress after studying (Morrissey, 2005) ^[4]. Participating in sports club might create student's valuable skills such as discipline, teamwork, and goal setting, which can enhance academic performance in classroom. Another study found that compared with the control practice of free play after school, adding extra hours of outdoor physical activity after school (i.e. in sports club) did not adversely affect academic studying, but was also more effective in improving physical fitness in learners (Wang *et al.*, 2023) ^[9]. The benefits of joining a sports club were clear, yet the implementation measures were still not complete and clear. Diu *et al.* (2022) proposed 5 criteria such as diligence, training form & organization, training content, facilities, and physical fitness level.

Corresponding Author:
Tran Thuy Ngoc Minh
Ho Chi Minh City University of
Education, Vietnam

A study from Vu (2022)^[8] provided criteria on the quality of teaching staff, facilities, and operating costs when evaluating the the implementation of sports club activities. Creating robust criteria for evaluating sports club implementation was not just a bureaucratic exercise—it's a crucial step towards elevating club performance and fostering a thriving sports community. By establishing clear benchmarks, empowering clubs to identify strengths, addressing weaknesses, and charting a course for continuous improvement; however, specific research was needed for each specific club, age, type of training, as well as the needs and motivations of learners were different, so there needs to be specific evaluation criteria for club activities, in this study were the implementation of sports club in Hochiminh city high schools, Vietnam.

2. Materials and Methods

2.1 Participants: 40 experts (including teachers, coaches, managers) has been participating in sports clubs at Hochiminh high schools, included basketball, badminton, table tennis, handball, volleyball clubs. All the courses in sports club were held in the afternoon from 4pm to 8pm and from Monday to Friday each week.

2.2 Design

It was a crosssectional study based on surveys that used the questionnaire system to collect the necessary variables. All variables were defined in classification and information which could be marked the chosen answers by self-assessment. Table 1 showed the structure of the questionnaire.

Table 1: Structure of the questionnaire

Left assessment	Criteria	Right assessment
① ② ③	About the magagement	① ② ③ ④ ⑤
	About the facilities	
	About the teachers/coaches participating	
	About the cost of participating	
	About the training contents	
	About the diversity of sports	
	About the duration of training	
	About the location of training	
	About the training environment	
	About how to participate sports club	
	About the time of training	
	About commitment to practice	
	About the rules and regulations	
	About the club board	
	About reasons for participating	
	About motivation for participating	
	About the satisfaction	
	About the level of physical fitness	

The interview process was built based on the following steps such as identify the literature review to create criteria (the scale), ensure practicality and specificity in Hochiminh city high schools in Vietnam, interview experts, statistical processing of collected data, and evaluate the reliability of selected criteria. The survey form was designed with two assessment parts on the left and right.

The respondents needed to conduct the assessment on the left first, and then assess the right. The left part was designed with 3 assessment levels (Disagree - Uncertain - Agree). If the assessment part on the left got “Agree”, then continued to assess on the right part, with 5 levels of feasibility of the criteria (Very unfeasible - Unfeasible - Uncertain - Feasible - Very feasible) rated from 1 to 5 points in the corresponding order). If the left part had an assessment level of “Disagree”

or “Uncertain”, then it was not necessary to assess the feasibility on the right part.

2.3 Statistical analysis

Descriptive analysis was used to evaluate the selection rate from the opinions of experts. The SWOT analysis method was used to find out the strengths, weaknesses, opportunities, and threats of solutions. The reliability analysis was used to identify the reliability of the selected solutions. Data were presented as percentage (%), mean±standard deviation (SD). Data collections were analyzed by using SPSS version 20 for Windows and Microsoft Excel program.

3. Results and discussions

Participant characteristics describes in Table 2.

Table 2: Characteristics of participant (n=40)

Training years				
< 5 years	5-10 years	10-15 years	15-20 years	> 20 years
0	23 (57.5%)	11 (27.5%)	6 (15%)	0
Numbers in each high school				
Nguyen Khuyen	Tran Huu Trang	Nguyen An Ninh	Trung hoc Thuc Hanh	Nguyen Du
9 (22.5%)	4 (10%)	10 (25%)	7 (17.5%)	10 (25%)
Gender				
Male		Female		
27 (67.5%)		13 (32.5%)		
Academic level				
Bachelor	Master	Ph.D.	Professional	
30 (75%)	10 (25%)	0	0	

Participants have working experience from 5 to 20 years, with the majority concentrated in the 5–10-year range. They were 27 male (67.5%) and 13 female (32.5%), as well as the

majority in bachelor's degree (75%), the rest in Master (25%). Besides, expert's interview indicates in Table 3.

Table 3: Level of evaluation of expert's selection

N.	Criteria	Evaluation levels		
		Disagree	Uncertain	Agree
1	About the management	0	0	40 (100%)
2	About the facilities	0	0	40 (100%)
3	About the teachers/coaches participating	0	0	40 (100%)
4	About the cost of participating	0	3 (7.5%)	37 (92.5%)
5	About the training contents	0	0	40 (100%)
6	About the diversity of sports	0	0	40 (100%)
7	About the duration of training	0	0	40 (100%)
8	About the location of training	2 (5%)	3 (7.5%)	35 (87.5%)
9	About the training environment	4 (10%)	8 (20%)	28 (70%)
10	About how to participate sports club	8 (20%)	10 (25%)	12 (30%)
11	About the time of training	0	2 (5%)	38 (95%)
12	About commitment to practice	5 (12.5%)	10 (25%)	25 (62.5%)
13	About the rules and regulations	0	0	40 (100%)
14	About the club board	4 (10%)	8 (20%)	28 (70%)
15	About reasons for participating	0	0	40 (100%)
16	About motivation for participating	0	0	40 (100%)
17	About the satisfaction	0	0	40 (100%)
18	About the level of physical fitness	0	0	40 (100%)

The study gave out 40 interview questionnaires, collected all 40 questionnaires and no other opinions were collected, achieving a response rate of 100%. The criteria with a percentage of 85% or more assessed by experts at the level of "Agree" would be synthesized to improve the implementation of sports club in Hochiminh City high schools. Results in Table 3 showed that 04 criteria did not satisfy this evaluation (they were 9, 10, 12 and 14). Thus, 14 criteria were chosen from the expert's interview.

From the results of evaluating the level of selecting criteria from experts (the left part), the study continued to evaluate the reliability one (the right part of the questionnaire) through the feasibility levels from the experts' assessments. Accordingly, the study has encoded and converted into scores, in the above order from 1 to 5. Thus, the feasibility level will be higher when the score is higher. To evaluate the reliability of the solutions, Cronbach's Alpha (CA) index was used to test, results are described in Table 4.

The results of the reliability test by the Cronbach's Alpha index (CA) reached $0.977 > 0.6$. According to Tho & Trang (2007), the reliability of the scale was assessed by the method

of internal consistency through the CA coefficient. Using Cronbach's Alpha method of reliability coefficients to eliminate unsuitable variables because of the possibility of creating dummy factors.

However, the CA index did not indicate which variables should be eliminated and which should be retained. In this case, evaluating the item-total correlation coefficient might help to eliminate the observed variables that did not contribute much to the description of the concept to be measured (Trong & Ngoc, 2008) [7]. This coefficient showed the relationship between that observed variable and all the remaining observed variables in the same factor and must be at least greater than 0.3 (Kline, 2005) [3]. In this study, the item-total correlation coefficient in all criteria was greater than 0.3. This proved the criteria selected in the study were appropriate. Moreover, the feasibility level of each solution ranged from 4.58 to 4.73 points, which meant reaching the level of "Very feasible" for each specific solution. It indicated that the criteria built and selected were highly feasible and would be evaluated the implementation of sports club in Hochiminh city high schools, Vietnam.

Table 4: The reliability of the criteria

N.	The criteria	Reliability level	Corrected Item-Total Correlation
1	About the management	4.63±0.58	0.901
2	About the facilities	4.62±0.59	0.704
3	About the teachers/coaches participating	4.63±0.67	0.868
4	About the cost of participating	4.73±0.59	0.917
5	About the training contents	4.62±0.63	0.841
6	About the diversity of sports	4.7±0.61	0.908
7	About the duration of training	4.65±0.66	0.869
8	About the location of training	4.7±0.6	0.908
9	About how to participate sports club	4.75±0.58	0.921
10	About the time of training	4.65±0.66	0.918
11	About reasons for participating	4.58±0.68	0.823
12	About motivation for participating	4.68±0.62	0.922
13	About the satisfaction	4.6±0.63	0.737
14	About the level of physical fitness	4.72±0.55	0.808
Cronbach's Alpha index		0.977	

Guidelines for sports club have been developed, emphasizing the importance of understanding context, quality management and mechanisms leading to effectiveness in promoting health through organized sports (Alanasari, Sallaoui & Souissi, 2018) ^[1]. Another study from Skille & Stenling (2018) ^[5] indicated the local community factors has been proposed to provide an outside-in perspective in analyzing policy implementation through sport club. Our study selected and would apply 14 criteria for evaluating the implementation of sports club in Hochiminh city high schools, Vietnam. These criteria provided a comprehensive framework for evaluating the implementation of sports clubs. They covered various aspects from management to community impact (motivation and satisfaction of the learners), ensuring a holistic assessment. When applying these criteria in the future, it needed to consider the specific context of each sports club in each high schools, as factors like type of sport, age, training level would influence the relevance and importance of different criteria.

4. Conclusion

In short, through the practical basis, literature review, specificity in high schools at Hochiminh City, interview experts, statistical analysis, and evaluate the reliability of the criteria, it has been created 14 criteria which has contributed to improve implementation of sports club in Hochiminh city high schools, Vietnam.

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