

Improving the Effectiveness of Managing Physical Education Activities for Students of Thai Nguyen University of Technology at Present

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ABSTRACT : Physical education is an educational activity that develops the physical qualities and abilities, forms a healthy lifestyle in human's life and process of studying and working. Being aware of the importance of physical education, in recent years, Thai Nguyen University of Technology has paid attention to investing in facilities for physical education activities, as well as organizing good management on physical education activities for students. However, some difficulties and limitations still exist in the process of managing physical education activities of the students. Therefore, in order to perform well the management of physical education activities for students in the future, we need to implement effectively some measures, such as: Raising the awareness of the management subjects about position and role of physical education activities in the university; Managing well the quality of the input, the physical education process, the output and the environment as well as the facilities serving physical education activities for students.

Keywords - physical education, management, students

I. INTRODUCTION

Thai Nguyen University of Technology is a training installation for high quality human resources; scientific research; consultancy, application and technology transfer under Thai Nguyen University. Over 55 years of construction and development, Thai Nguyen University of Technology has been providing high quality human resources for the community, making an important contribution to the process of Economic – Cultural - Social development of the country, gradually affirming the position and prestige of the university in society. Currently, the total size of the regular system of our university is nearly "6,000 students" [4, p.4]. In order to meet the higher requirements for the quality and effectiveness of education and training, over the past time, we have paid attention to investing in facilities for physical education activities, and well as organizing good management on physical education activities for students. However, the process of organizing the implementation of measures to manage physical education activities of students still faces difficulties and limitations on the awareness of the management subjects; the coordination between functional units in the school; the management of input quality, education process, output quality; the asynchronous environment and the facilities for students' physical education activities; ... This has a significant impact on our quality of training, it is required to implement synchronously measures to manage well the physical education activities for students, meeting the requirements of fundamental and comprehensive renovation of education at present.

II. CONTENTS

1. Physical education and the management of physical education activities for students

Physical education is one of the basic forms of activity, an organized process to impart and absorb the values of physical training and sports in the general education-upbringing system (mainly in schools). According to Nguyen Toan - Nguyen Si Ha, "Physical education is a form of education whose specialized

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content is the teaching of movement (action) and the deliberate development of human motor characteristics" [3, p.10]. Physical education is divided into two distinct aspects: teaching movements and educating motor characteristics. The synthesis of that process determines a person's ability of fitness adaption. Physical education has the task of strengthening and enhancing health, comprehensively and harmoniously developing the form of the body's function, developing a person's motor characteristics and physical performance. Besides, physical education also has the upbringing task, which means forming and perfecting important skills and motor technique in life. At the same time, it contributes to educating the will, forming personality, developing people in a comprehensive balance: virtue, mind, body and beauty.

The physical activity of students is a part of teaching and learning activities, so managing physical education activities fully carries the characteristics, functions and properties of school management in general and manage teaching activities in particular such as subjects, objects, management content, management methods, management means, ... Managing physical education activities of students is one of the contents of educational management, managing physical education activities of students is a system of purposeful impacts on the objects, not limited to the scope of training and education in the classroom and in the school, but also includes students' participation in extracurricular activities, joining clubs, ... in the school.

Thus, managing physical education activities for students is a system of conscious impacts of management subjects on their objects and physical education activities in order to achieve the teaching goals of the school. Managing physical education activities for students is managing to implement synchronously and effectively factors such as: Managing input quality; Managing the quality of the physical education process for students; Managing output quality; managing the testing and evaluations of learning results; managing the conditions, means and facilities for physical education activities for students; ... The management of physical education activities for students is a factor in the entire organization of educational management in schools. Good management of physical education activities will improve the learning EFFECTIVENESS of students. On the other hand, the learning quality of students reflects the quality of management of the school because, "The quality of teaching and learning reflects the general state and quality of the whole education; and in principle, it is consistent with the quality of management, the quality of research and information, and the quality of training" [2, p.33].

II. SOME MEASURES TO IMPROVE THE EFFECTIVENESS OF MANAGING PHYSICAL EDUCATION ACTIVITIES FOR STUDENTS OF THAI NGUYEN UNIVERSITY OF TECHNOLOGY AT PRESENT

2.1. Raising awareness of management subjects about the position and role of physical education activities in schools

Raising the awareness of management subjects about the position, the role of physical education activities in the school, thereby establishing a learning routine, physical education and training for students is one of the important solutions for improving the effectiveness of managing physical education activities for students of Thai Nguyen University of Technology at present. Awareness is the basis of students' actions, routine, discipline, and learning and training motivation will achieve good results only when the direct management and education subjects in the school, such as: Party committees, administrators, departments, faculties; Youth Union organizations - Student Association; especially, lecturers and students are well aware of the important position and role of physical education for students at present. On that basis, the management subjects actively participate in the management and effective implementation of physical education activities in order to contribute to physical improvement, comprehensive development of students after graduation.

In order to implement this measure well, firstly, the school leaders need to identify physical education activities as a mandatory activity in the training program prescribed by the Ministry of Education and Training, in parallel with other learning activities in the school. On that basis, the university must have plans to foster and propagandize in order to raise the awareness of managers, at the same time assign cadres and lecturers to be in charge of organizing effective physical education activities. On the other hand, it is necessary to identify that physical education activities have dialectical relationship with other activities in the school, such as: curricular learning, extracurricular learning, sports competition activities, clubs, mass organizations ... Therefore, it is necessary to have a specific plan and take the initiative in building the necessary resources for propaganda and education activities to raise the awareness and responsibility for officials, lecturers and staff throughout the school about physical education activities of students. On the lecturers' side, it is necessary to proactively and actively improve the professional ability and skills, take on the responsibilities of education, management, promotion and be an example of practicing sports for students to follow. For students, they need to provide full information about the position, role and requirements, content of physical education activities in the school through the political curriculum at the beginning of the course, through the curricular physical education hours, the meetings of the union - association. Thereby, it will help students be fully aware of the position and role of physical education activities for developing their body, perfecting their personalities.

2.2. Managing input quality of physical education activities for students

Managing input quality of physical education activities for students includes: managing curriculum; managing lecturers and managers; managing students; managing conditions to assure the quality. In particular, the training program is one of the basic components of the teaching process, directly determining the quality of training. Therefore, managing well the physical education training program for students contributes to the training of human resources to meet the requirements of socio-economic development and as well as meets the requirements of physical fitness and readiness to current obligations, and meets the requirements of national defense task. Managing the physical education program for students includes managing program objectives, content, form of organizing, testing, and evaluating students' training results.

In order to manage the program well, it requires the Department of Physical Education of the school to manage well the elements of the program structure, and at the same time, the implementation of the program must ensure the science and conformity with the education and training program of Thai Nguyen University of Technology. On the basis of the framework program, the Department renews the program in a practical way which is suitable to each training sector and group of students. Besides, Thai Nguyen University of Technology in general, and the Department of Physical Education in particular need to implement good management of lecturers and management staff. As a person who directly teaches and manages physical education activities for students, the teaching staff and managers are program designers, as well as the people organizing, orientating, and instructing over the whole process of learning and practicing, as well as testing and evaluating the comprehensive results of students. Therefore, it is required that lecturers and managers not only have not only professional knowledge but also comprehensive ability in education and human management. The management of lecturers and management staff must ensure the comprehensiveness and feasibility of all stages of the staff work, in which it is necessary to concentrate on well managing the arrangement and use of officials; training and retraining activities; evaluating the lecturers and administrative officers; ... For the management of students, the school, especially the physical education subject, must have a firm grasp of the number of students in the whole school, actively coordinate with the functional departments to catch fluctuations in the number of students to have plans to implement physical education program; Evaluate the quality and characteristics of students, thence arrange appropriate programs, contents, organize proper class to ensure both massiveness and specificity in physical education for students.

2.3. Managing the quality of physical education process for students

Managing the quality of physical education process for students at Thai Nguyen University of Technology now needs to focus on synchronous and effective implementation of activities: managing the teaching process of the lecturers; Managing the learning and training process of students; Managing supportive activities, serving physical education activities for students; Managing the coordination of units and individuals in the performance of tasks. Accordingly, managing the teaching process of lecturers focuses on a number of key issues such as the preparation of teaching, the compliance with program content, the morale and responsibility in teaching students, learning materials and teaching facilities; ... In order for the student's learning and training process to achieve the set goals, the management tasks need to focus on the following key issues: managing the development of students' goals and learning plans; managing the students' compliance with the training regulations; managing the students' observance of the rules and regulations; managing the students' self-study, self-training, self-test and self-evaluation. Activities of Supporting and training are inseparable activities in the school's training process. Therefore, the content of management should effectively implement issues such as: morale, responsibility, serving attitude of service staff; student health care work; quality of teaching equipment ... At the same time, it needs to mobilize the support and participation of collectives and individuals in coordinating the implementation of physical education tasks for students over the whole school.

2.4. Managing the output quality of physical education activities for students

The output quality of the training process, reflected in the achievement level of the educational process goal, is one of the basic contents of the training activity. Managing the output quality of physical education activities for students helps the University's Physical Education Department determine the suitability of the training objectives, the quality and effectiveness of teaching, learning and practicing activities of the students. To implement this solution at Thai Nguyen University of Technology, first of all, it is necessary to effectively manage the testing and evaluation. Good management of testing and evaluation is considered as an important solution to enhance the quality of physical education activities at Thai Nguyen University of Technology at present. In order for the examination and evaluation to properly reflect and accelerate the teaching process, the

management of the testing and evaluation of the Physical Education Department must ensure objectivity, science, comprehensiveness and systematic properties, promoting creative thinking of learners, helping students discover and apply learned knowledge into practical activities. The management content of testing and evaluation should focus on the following issues: Promoting the role of teaching staff in the testing and evaluation; innovating the content of tests and assessments according to the approach to students' capacity; Making the most of the information technology in testing and evaluating students' learning and training results. Secondly, it is managing the inspection and supervision. In physical education activities, performing well the inspection and supervision work will help the Physical Education Department proactively stop and prevent mistakes in the process of educating, managing and training students. In order to stop and prevent mistakes that may occur during the education process, it is required that the school's inspection units, inspection and supervision divisions take the initiative in formulating inspection, supervision plans, combine the frequent inspections with unexpected ones, focusing on the limitations in the Department's activities. It needs to strictly implement the plan that has been developed, at the same time the content of inspection and supervision must ensure the comprehensiveness in all aspects, including focusing on inspecting and supervising teaching and training activities for students. It is necessary to promptly handle mistakes and commend individuals for good performance of assigned tasks. Thirdly, it is managing feedbacks from stakeholders. The collection and management of feedbacks from stakeholders, especially from students, who directly benefit from the quality of education is important, helping the school in general, the department of physical education in particular capture the quality and effectiveness of physical education activities for students, thereby adjust and overcome the shortcomings and weaknesses, improve the quality of activities, thereby attract the positive participation of students in physical education activities.

2.5. Managing the environment and facilities for physical education activities for students

The environment, facilities system is a very important factor in educational activities, and it has the ability to greatly affect the learning process and extracurricular activities of students. Currently, the school's facilities include: 35ha of campus; 16,317m² of classrooms; 6,033m² of working houses for the Board of Directors and functional rooms, 10,351m² of working houses of lecturers; 4,931m² of laboratory and 2,862m² of practice rooms with a full range of modern practical laboratory equipment; 19,000m² of dormitory; 3,476m² of library; 1,200m² of canteen; ... Construction items are always upgraded and built according to the University's master plan. In particular, facilities for students' physical education activities include: stadium with an area of over 10,000m², gymnasium, tennis court, volleyball court, basketball, grass soccer field artificial, athletic fields ... [4, p.97] which are regularly open to thousands of students, cadres to learn and exercise daily. However, the current facilities of the school still do not meet the training scale and requirements, demands of the students. Therefore, Thai Nguyen University of Technology should continue to manage well the conditions to ensure the process of organizing physical education activities for students, and at the same time, to build the environment, renovate and upgrade and complete facilities items to better serve the physical education activities for students, building schools into a truly education center of virtue, mind, body and beauty for students. It needs to combine harmoniously the formal physical education with extracurricular activities. Thereby, it will contribute to the formation of awareness of physical self-training, motivation and the ideal of healthy living for the students. It is creating conditions for the Union organizations, Associations, clubs in the school to promote the role, influence and actively participate in the comprehensive education process for students. Besides, it is necessary to launch emulation movements of physical training, sports, construction and education of the school's traditions. Thereby, it will attract all members to voluntarily, actively participate in learning and effectively participate in training and practicing sports.

III. CONCLUSION

Students' learning is one of the determinants of the quality and result of a training program. Thereby, it reflects the quality and effectiveness of training at Thai Nguyen University of Technology. Therefore, managing effectively physical education activities for the students of Thai Nguyen University of Technology is a problem that has been posed at present. Resolving this issue is important in improving the school's quality of training. In order to perform well the management of physical education activities for students of the school in the coming time, it requires synchronous participation, flexible and effective coordination between management subjects, functional departments, lecturers, academic advisors and the students themselves.

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