

Improvement in Quality of Physical Education for Students At Thai Nguyen University

Nguyen Thi Phuong Thao¹

¹Thai Nguyen University of Technology, Vietnam. This research is funded by Thai Nguyen University, Vietnam
Corresponding author: Nguyen Thi Phuong Thao

ABSTRACT: Physical education (PE) at university plays an important role in implementing the objective of preparing fully competent human resources in order to serve the industrialization, modernization, and defense of socialist republic of Vietnam. As a matter of fact, PE education for students at universities, particularly in Thai Nguyen University of Technology (TNUT) still has its drawbacks and difficulties which impact greatly on the teaching process and training quality. By analyzing the current situation of PE education for students at TNUT, this article proposes some methods for improving quality of PE education for students in the future

Keywords - physical education (PE), quality, student

I. INTRODUCTION

Thai Nguyen University of Technology - Thai Nguyen University is one of the institutions that trains highly skillful workforce to serve the industrialization and modernization of the country. In 2006, TNUT adopted the credit based teaching system. Changing from the school year based teaching system to credit based system is completely suitable with the social requirements and market trend. During its training procedure, TNUT always pays close attention to the methods for improving educational quality and helping students develop all of the four aspects of morals, intelligence, fitness, and attractiveness in a comprehensive manner in order to meet the increasingly high requirements of the society and enhance its position and reputation in the market. TNUT has gradually focused on the PE education activities and made reasonable investment on the renovation and completion of the facilities used for PE education activities and students' fitness training activities. In reality, although the PE education activity has shown significant improvement and innovation, it still has some certain drawbacks. This affects greatly on the educational quality of the school which requires simultaneous implementation of various methods in order to improve the PE education quality for students in the future.

II. CONTENTS

1. Current Situation of PE Training for Students at TNUT

1.1. Teaching Contents and Programs

The Circular No. 25/2015/TT-BGDĐT dated Oct. 14, 2015 by the Ministry of Education and Training regulates the PE subject in training programs at university levels. For instance: 'The common knowledge of the PE subject that a learner should obtain shall equal to at least 3 credits. Each educational institution shall specify the volume of knowledge for this subject based on specific requirements of each training major' [1, p.2]. In accordance with the regulations and actual situation of Thai Nguyen University of Technology, the PE Department has built a PE program for all students. Currently, the TNUT's PE program consists of three courses: PE 1; PE 2; and PE 3. The total number of credits of these courses is 5. The number of theoretical and practical lessons is 90 which focus on training students on practice. Currently, the PE program of TNUT mostly focuses on some aspects like: Basic knowledge on some subjects: team squad and line up, tool-free gymnastics, basic athletics; volleyball, training methods; and soccer. The program has yet to include many subjects for students to choose from based on their hobbies and characteristics. Thus it does not interest students in learning and maintaining fitness.

1.2. Actual Situation on Teachers

The PE Department of TNUT was founded on February 09, 2006 and officially operated on May 08, 2006. Up to the present, the Department has 12 teachers meeting the requirements of the school on credit based training. The educational background of the teachers are gradually improved and standardized including 11 people who have master degree, accounting for 91.7%, and 01 person who has pre-master degree, accounting for 8.3%. In general, the teachers of PE Department possess professional capacity and competence, and morals that meet the occupational standards. The teachers of PE Department are in charge of teaching different PE courses for all of the students in accordance with the standard program issued by the Ministry of Education and Training and training plan of the school. Thus, training, protecting, and enhancing student's physical health and shaping and improving their personality in order to meet the requirement of training students in all aspects. In additions, the teachers also conduct scientific research and directly attend the sports activities for teachers and students at TNUT. They also organize and train sport teams like soccer team, volleyball team, martial arts team, and so on to take part in the sports competitions organized by Thai Nguyen University, Thai Nguyen Province, and the Education and Training Department.

1.3. The Actual Usage of Teaching Methodologies and Form of Lesson Organization in PE

Teaching methodology and form of class organization are key factors of teaching quality. Via our actual teaching experience and analyses of the teaching materials, we have managed to summarize the teaching methodologies and forms of class organization that are frequently used in the PE courses at TNUT. For instance: Method of explanation, analysis, and presentation; Directly visual method; Indirectly visual method; Method of partial practice; Method of full practice; Method of circular practice; Method of playing games; Method of competition; Method of discontinuous practice. In general, as far as teaching PE goes, TNUT teachers have diversified and utilized the methods and forms of class organization in a flexible manner. Thus, they have managed to generate motivation and improve the quality of PE teaching and learning as well as fitness training for students at TNUT. However, some of the methods and forms of class organization are still “for students to learn by heart” which sometimes even stereotyped and rigid making students just passively wait for instruction from teachers. Therefore, it hasn't utilized the activeness and dynamics of learners.

1.4. Actual State of Facility and Condition for Students

Facility, learning tools, and equipment are the basic requirements to ensure the teaching quality of the PE subjects which has direct impact on the training quality. The right equipment with the right quantity will help teachers to utilize their profession during classes and students to practice effectively. Thus, in recent years, TNUT has always paid close attention to the PE facility, equipment, and teaching tools to be used by teachers and students. Currently, facility for PE training at TNUT includes: ‘a playground of 10 000 m², a gymnasium, a artificial grass soccer field of 2 464 m², a tennis course of 2 300 m², and an area of 4 793 m² including one volleyball course, one basketball course, one badminton course, and one ground for athletics and other sports.” [5, p.97]. However, with the growth in both training scope and number of students each each, the current facility and equipment of the school has yet to meet the actual needs of PE teaching and learning of teachers and students. Therefore, it is difficult to organize optional sports courses. We can organize only a few courses or we don't use the training tools at all.

1.5. Actual State of Extracurricular Sports Activities

In addition to teaching PE for students via in-class lessons, TNUT also focuses on extracurricular sports activities. The school usually organizes annual sports competition with diverse and interesting contents. As a result, the students are more and more keen on practicing sports. The TNUT Futsal Team has consecutively won the Vietnam University Games in Thai Nguyen Province in 2019 . The martial art team also won 5 gold medals, 6 silver medals, and 5 bronze medals in Karate, Taekwondo, Traditional Martial Art, Vovina in Thai Nguyen Province in 2019. These sports movements have encouraged TNUT students to learn and practice sports. Besides, the sports competitions are frequently organized during the school year among the faculties or within TNUT with various forms and contents. However, with more than six thousand students, there are a lot of students have not joined the clubs and the number of practical lessons, training tools and grounds are quite limited. Therefore, it badly impact the PE teaching and learning activities of teachers and students.

II. SOME METHODS FOR IMPROVING PE TRAINING QUALITY FOR STUDENTS AT TNUT

2.1. Actively Propagating and Teaching Relevant People on Function and Benefits of Physical Education

Raising awareness on function and benefits of physical education at TNUT is one of the essential methods to improve PE teaching and learning quality. The objective of this method is to propagate and raise awareness of people in charge and students on the PE training activities and responsibilities of youngsters for

their own health. This increases the sports activities at TNUT which helps to achieve the goal of comprehensive education. In order to successfully implement this method, there must be an cooperation between PE Department and functional departments, especially Department of Training and Department of Student Affairs. We also need to seriously follow the governmental guidelines and decisions on PE training. Also, PE teachers need to make students aware of the importance, function, and benefits of sports activities for the comprehensive development of students in all aspects of morals, intelligence, fitness, and attractiveness. Besides, we can organize competitions, seminars, or talk shows on sports. We might propagate and training students through different forms like via in-class lessons, weekend gatherings, sports news board, club activities, and so on.

2.2. Improve PE Training Program and Contents to Match the Actual Situation of the School

The objective of this method is to build a PE training program by approaching students' capacity. Accordingly, the program needs to determine the following factors: objective, knowledge, skills, self-awareness and responsibility in association with student's characteristics and school's facilities. At the same time, the PE program needs to ensure the flexibility and bring students the opportunity to enjoy doing sports and understand the importance of physical exercise, which will gradually help students to actively join the sports activities at school. Every year, PE Department needs to work with the school clinic to examine and classify students at the first term and conduct health checkup at the beginning of the following years. Thus, we need to classify students accordingly in order to gain better outcomes in PE training. Especially, we should add some new optional subjects to the PE program to increase attractiveness and interest for students during training and these new subjects shall be associated with the student's learning major. In addition, we should maximize the equipment, training grounds, and tools and visual teaching tools in order to help both students and teachers to utilize training time and extracurricular hours effectively. Also, we might increase practical exercises to help students develop their strength and improve PE training results and train students in disciplines, teamwork skills at work and in real life.

2.3. Changing Teaching Method to Improve Teaching Quality and Student's Learning Outcomes

Changing PE teaching and learning method is to improve the activeness of learners and eliminate the conventional method of one-way teaching which was not active and train students on self-study and critical thinking and creativity. Teachers should assign students with self-study exercises in accordance with the regulations of credit based training system. At the same time, we should gradually apply advanced methods and modern forms into PE teaching and training in an effective manner. Especially the training methods like: Circular training method, discontinuous training method, uniformity method to increase frequency of exercise during classes. For visual method, in addition to example action of teachers or pictures on act techniques, we need to increase the use of modern tools and equipment during training like: videos on practicing method, national and international competition and games. The use of training tools and equipment will have a direct impact on learner's senses. Thus, it will help students to learn and perform the techniques during training. On the other hand, during classes, teachers must utilize and adjust different modern teaching and training methods in a flexible and creative manner and they also need to have suitable teaching contents for different group of students and school's facility in order to better improve teaching and learning quality at TNUT.

2.4. Improving Profession of Teachers and Planning to Hire More PE Teachers at TNUT

In order to improve PE training quality and meet the requirements of educational innovation nowadays Thai Nguyen University of Technology needs to continuously improve the profession and capacity of PE teachers and it needs to have a plan of developing teachers in quantity and constantly raise their skills and occupational morals. To do this, first of all, the PE Department needs to assign and utilize its teachers in an effective manner. Also, it needs to deterring the needs for human recourses and classify them according to their position and specialization. It also needs to make proposal to Administrative Department and the Rector on training teachers on profession and addition of members of PE Department. Particularly, there needs to be a plan of human recourses and a schedule to send teachers to do post-university training. It might propose to the managers on hiring teachers with master degrees and above (the ones with PhD. degree are preferable), especially for the sports in optional courses or extracurricular activities that have no specialized teachers. On the other hand, it should continue sending teachers to join short term occupational training courses on to improve their profession. The teachers themselves need to continuously conduct self-research to teach PE classes and train student in a better manner. Besides, in order to raise PE training quality for TNUT students in the future, the school needs to have a plan on attracting and hiring people who graduated from specialized sports schools or who are talented at sports and win various competitions to teach or manage sports activities at TNUT.

2.5. Continuously Improving and Competing Facility and Equipment Used for PE Teaching and Extracurricular Activities

The objective of this method is to complete the facility, equipment, tools, media, especially grounds for training and organizing sports activities and teaching physical education. Based on the current area, the school needs to prioritize the building and renovation of training grounds, rooms and facilities and utilize current conditions to teach in classes and extracurricular activities. It also needs to buy enough equipment and tools used for teaching and training in quantity and quality. Especially, it should make a “socialized” policy to effectively utilize the facility used for PE activities and sports training of students at TNUT.

III. CONCLUSION

It is essential to improve PE training quality and strength training at universities to ensure the training and development of students comprehensively, meeting the requirements of the market. Quality of PE training and sports activities of students at Thai Nguyen University of Technology still has some drawbacks due to objective and subjective reasons like: program contents; PE teaching and learning methods; facility and equipment. In order to improve PE training quality of TNUT in the future, we need to implement the above-mentioned methods in a synchronized manner and there should be an effective cooperation between managers, educators, especially student's self-study and awareness when it comes to practicing sports.

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**Corresponding author: Nguyen Thi Phuong Thao
¹(Thai Nguyen University of Technology, Vietnam)*