

Role of Physical education intergrated with goal of comprehensive people training in universities in Vietnam today

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ABSTRACT: *In the integration process, Vietnam has carried out a lot of reforms and renovation, including education. The goal of educating the ethical - intellectual - physical - beauty comprehensive people in the educational program is a great effort to train human resources to meet the requirements of industrialization and modernization in Vietnam at present. With that goal, physical education in universities in Vietnam plays an important role. Physical education helps improve health, train intellect and morality, and enhance students' aesthetics*

Keywords - *physical education, comprehensive human training, physical education in Vietnam, role of physical education.*

I. INTRODUCTION

Since Vietnam's independence and reunification in 1975, especially after the 6th National Congress (1986), with the line of profound and comprehensive renovation of the country, the Communist Party and the Socialist State of Vietnam have proposed new guidelines and policies, creating a driving force for social development and contributing to laying the foundation for finding an appropriate path to Socialism in Vietnam. In which, education is always respected and is the driving force to industrialize and modernize the country. To realize the goal of quickly integrating Vietnam into the region and the world, Vietnam's education always strives to create high quality and comprehensive educational products, without any bias in any one criteria. Training institutions in Vietnam, especially universities have determined that they must train people with full ethical - intellectual - physical - beauty elements. These four elements are identified in the intrinsic and profound dialectic relationship. If only one element bias will lead to deviation, danger in education and lead to failure in training. To meet the requirements of comprehensive human education, physical education in universities in Vietnam today has a great role and implication.

II. CONTENTS

1. Perspective of the Communist Party and the Socialist Republic of Vietnam on the goal of educating comprehensive people

The current comprehensive educational philosophy in Vietnam is formed from the Vietnamese tradition of fondness for learning, along with the reference and learning from the educational point of view of thinkers in many other countries around the world. The Communist Party of Vietnam asserted that Marxism-Leninism and Ho Chi Minh's ideology were the foundation of ideas and a guideline for the Party's activities. The comprehensive educational perspective of the Communist Party of Vietnam stems from the educational perspectives of Karl Marx, Engels, and Vladimir Ilyich Lenin. In the book *Anti - Duhring*, the founders of Marxism wrote: "... That education will combine productive labor with teaching and physical education; and so not only as a method to increase social production, but also as a unique method to create people with comprehensive development" [13, p.23]. They emphasized the education and training to create people who are both actively working and healthy enough to perform their works well. After the successful October Revolution (1917), Lenin undertook the construction of socialism throughout the Soviet Union. He said that, initially consolidating the government, the main task of education was ideological and political propaganda. When the revolution entered the stage of peace and national construction, the task of education must also be changed

accordingly. Education and training must come from the requirements of practice and education combined with production labor. Indeed, this education emphasizes the combination of learning with the exercise of occupational skills and health to achieve the goal of training revolutionary people who are passionate about the tasks of building socialism. This is an educational ideology of great significance for the period of industrialization and modernization in Russia during that period.

President Ho Chi Minh also always cares for the health of the people. He thought that if people are strong, the country will prosper. When talking about the position of sports in society, Uncle Ho affirmed: "It is one of works like other revolutionary works" [11, p.23]. As the interim President of the Government of the Democratic Republic of Vietnam when the country was facing many difficulties and many urgent tasks to solve, Uncle Ho was still very interested in the cause of sports. With the signing of the Decree No. 14-SL dated January 30, 1946 establishing the Central Gymnastics Department (under the Ministry of Youth at that time), Vietnam had the first apparatus of the revolutionary sport sector. He emphasized the importance of health and regular exercise and sports to improve health as follows: "Maintaining democracy, building a home country, creating a new life, health is needed to be successful in everything. Therefore, exercising and fostering health is the duty of every patriotic citizen" [12, p.212]. Uncle Ho himself was also an example of self-training in all circumstances and conditions.

Inheriting the above points of view, the Communist Party of Vietnam always attaches great importance to physical education in the comprehensive education for pupils and students. The document of the XIIIth Party Congress clearly states: "The strong body is the basis of the material and spiritual life of society" [9, p.12]. The document of the XIIth Party Congress also specified the goals that Vietnam's education aims to: "Vietnamese people education to develop comprehensively and bring into full play the potentials and creativity of each individual; love family, love of Fatherland, love people; live well and work effectively. Striving to reach the advanced level of education in the region by 2030" [10, p.114 - 115].

The above views are the guiding ideas for physical education activities towards the goal of comprehensive education. Physical education in universities and colleges in Vietnam is a compulsory educational activity, aiming at protecting and enhancing health in order to preserve health for the learning and working process and to help form and foster personality maintenance.

2. Perspective of the Communist Party and the Socialist Republic of Vietnam on physical education in universities

During the process of building and developing the education sector, the Ministry of Education and Training has always paid attention to and created conditions for schools and educational institutions in the national education system to organize research, application and dissemination of scientific progress in physical education. The Ministry of Education and Training has directed the implementation of the curriculum and extracurricular activities through the promulgation of legal documents on physical education in training institutions, especially in universities.

On September 12, 1995, the Ministry of Education and Training issued the Decision No. 3244/GD-DT by the Minister of Education and Training on the provisional issuance of the Higher Education Program (Phase I) used for Pedagogical Universities and Colleges [1]. On April 12, 1997, the Ministry of Education and Training issued the Decision No. 1262/Education-Training of the Minister of Education and Training on the promulgation of the Physical Education Program Phase II for universities and colleges (not specialized in sports) [2]. On May 3, 2001, the Ministry of Education and Training issued the Decision No. 14/2001/QD-BGDĐT on the Regulation on Physical Education and Health in schools, regulating the forms of Physical Education activities and sports in schools [3]. Accordingly, the time of the internal course is the lesson of physical education and health according to the program prescribed by the Ministry; extracurricular sports activities are implemented according to the plan of schools and management levels. In 2006, the Ministry of Education and Training issued a general education program in which the core physical training subject is taught and learned at all educational levels in the national education system [4]. On September 18, 2008, the Ministry of Education and Training issued the Decision No. 53/2008/QD-BGDĐT on the regulations on assessment and grading of physical strength for pupils and students [5]. On October 14, 2015, the Ministry of Education and Training issued the Circular No. 25/2015/BGD & DT on the regulation of the subject program of Physical Education under the university-level training programs [6].

Besides, the Education Law 2005 also emphasizes the curriculum content and teaching methods of physical education. Article 6 of the 2005 Education Law prescribes as follows: "The educational program demonstrates educational objectives; prescribing knowledge standards, skills, scope and structure of educational contents, methods and forms of organization of educational activities, and methods of evaluating educational results for subjects in each class and at each study or training level" [14].

With timely and reasonable policies in each period, the physical education in universities has been constantly being focused on innovating and improving both the training program, the quality of the lecturers as

well as the assessment criteria. Doing well the sports of the entire population in general and physical education for students in particular is an important goal so as to create a full-fledged person to meet the increasing demand of Vietnam industrialization - modernization at present.

3. *Role of physical education in universities in Vietnam today*

The Circular No. 25/2015/BGD & DT regulates the physical education subject program with the aim to provide knowledge, basic motor skills, and form exercise and sports habits to improve health, develop physical strength, stature, perfect personality, promote learning abilities, and social activities skills with a positive spirit and attitude, contributing to the achievement of comprehensive education goals [6]. To meet the above requirements, the Physical Education course program in universities in Vietnam is implemented from the first academic year when new students entered universities. Universities arrange to teach university-level students at least 03 credits. The Physical Education curriculum content includes: General theory; practice and electives. Depending on the characteristics and nature of the training profession, the practical conditions of the facilities, the teaching staff, etc., the physical education subject program must ensure the logic and science; towards the goal of fostering human factors, contributing significantly to improving physical strength, educating personality, morality, healthy lifestyle, enriching cultural life and promoting the national spirit of human Vietnam, strengthening and maintaining national security and defense for the country.

The role of physical education in universities is clearly demonstrated through the following contents:

Physical education improves human health

This is the most important and prerequisite for implementing physical education activities in universities. Sports practice is to improve health and enhance body's resistance to the environment.

Exercise is an important measure to help the body consume energy, avoid the accumulation of excess fat, and eliminate toxins in the body. Maintaining regular sports activities in addition to reducing the risk of obesity also helps to improve the functioning of the heart, lungs, muscles, enhance the flexibility of the body, make the spirit more agile, refreshing, avoid stress and increase the body's resistance.

Today's medicine also asserts that human health is measured by both physical and mental well-being. Only when the human body is healthy and the mind is at ease will human be healthy. WHO's definition of health is set forth in Alma Ata Declaration 1978 as follows: "Health is not only not sickness, but also a state of comfort in mind, physical health and social state [8, p.43].

Sports exercise is the practice of movements aimed at the development and maintenance of physical health and well-being. In addition to enhancing the resistance and adaptive capacity of the human body, sports also play a great role to play in improving the overall health of people. Comprehensive health is the full development of physical qualities, such as: Fastness, strength, endurance and dexterity. These factors can only be achieved through regular exercise. When people have comprehensive health, they will improve their physical capacity. Physical education in universities in Vietnam focuses on the following group lessons:

Exercise muscles through flexing exercises and high intensity aerobic exercises. Workouts help increase the endurance of the circulatory system, such as walking and running different distances. Short-term muscle-building exercises are lifting weights or sprinting. Exercising on blood and spiritual energy such as breathing, breathing, to take care of the dynamic function of blood, relaxation and mental focus with aerobic exercise, yoga, tai chi, and qigong. Depending on the specific conditions of students' physical conditions, facilities, and future jobs, universities choose suitable subjects to both improve their health and practice skills and qualities needed for future students' livelihoods.

Physical education contributes to training ethics for students

Ethics belongs to the spiritual life of human. According to the Vietnamese dictionary, ethics is: "Standards and requirements recognized by social public, regulate human behavior and relationships with each other and society. The good qualities of human beings are thanks to cultivating of moral standards" [15, p.290]. Thus, ethics can be understood as the rules and standards recognized by society, and used to regulate and evaluate human behavior in social relationships. Ethics of each individual is formed in many different ways, in which education plays an important role. Physical education within its scope also contributes to the orientation of ethical values, training for students rules and standards in communication, learning and working, persistence, teamwork spirit, and healthy lifestyle.

First of all, regular sports practice in physical education sessions in the school helps students practice persistence and durability. To be able to play a sport, students not only need to master the theory, but more importantly, the diligence and hard work not only during class time but also outside practice time. Regular practice and evaluation of lecturers help students not falter with the difficulties encountered in the subject as well as in the future.

Sports practice also helps students have teamwork spirit and enhance teamwork skills in the future. According to our survey, the physical education modules at universities all have sports that require team spirit such as relay race, soccer, basketball, volleyball, badminton, etc. Through playing sports with many participants,

it will encourage discipline, self-awareness, and cooperation among individuals. These are the qualities necessary for students to quickly integrate and catch up with the work of making a living in the future.

Moreover, regular sports practice also helps students to live a healthier lifestyle, avoid social evils, bad habits such as smoking, alcohol, etc. With the spirit of sports, students also learn how to communicate, be civilized, polite, sociable with friends, self-defense for themselves and those around them, and enhance solidarity and collective spirit.

Physical education contributes to intellectual enhancement

Physical strength and mentality are two essential elements of the learning and working process. Without a healthy body, even with intelligence, it is impossible to conduct learning and working activities. In Vietnam, there are many researches that examine the correlation between sports practice and mental development. The research of Le Thi Huong has showed: "For school age as well as all other subjects in general, physical activities are very crucial because they not only affect physical development but also mental and intellectual development. Participating in physical activity will help people be more active and develop a complete organ in the body" [12]. The research results have proven that memory and mental capacity are obtained by the active state of the brain. If the working state of the brain is good, the ability to store information and create information will be clearer. The brain can only work well in conditions of adequate blood supply and certain relaxation.

Normally, the time when students study in class often takes up a lot of time, so if they do not do full body activities, they will lead to diseases of the joints, crooked spine and some school eye diseases. In addition to physical and physical development, exercising also helps to develop brain capacity and improve the work performance. Physical activity helps create new brain cells in areas involved in memory. Regular movement helps the body be active and blood circulate better. At the same time, playing sports helps people feel more relaxed, comfortable mind; has really pleasant moments, reduces stress, and thereby increases the ability to absorb knowledge in class as well as improves work performance.

Physical education contributes to perfecting human aesthetics

People who regularly play sports will have a strong, beautiful and more balanced body shape than people who do not do exercise. Exercising also creates agility and flexibility, walking, standing or sitting with standard posture. These are the factors that make up human beauty and increasing the aesthetics of each person. On that basis, physical education for students aims to create healthy people with respectful, loving attitudes and protection of true, healthy and civilized beauty.

III. CONCLUSION

To meet the requirements of the country industrialization and modernization, Vietnam's education has made remarkable achievements, contributing to the training of people in a comprehensive manner in terms of ethical - intellectual - physical - beauty over the past years. In particular, it is impossible not to mention the role of physical education in universities. Conducting physical education activities in universities scientifically and methodically helps students improve their health, practice good qualities, such as persistence, durability, teamwork spirit, determination, etc. Good physical capacity helps people overcome difficulties and complete all their works. Considering physical education as a necessary condition for students to graduate is a great driving force to help students complete their study program and improve their own health to contribute to building and protecting the country in the current stage.

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