

Assessment of the Situation of Implementation of Elective Physical Education Program at Thai Nguyen University Of Technology

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SUMMARY: The elective physical education program is built to meet the inevitable renewal needs of training, based on the actual conditions of human resources and available facilities of the school. school and above all to meet the practical needs of students (students). However, has the process of implementing the elective physical education program at the Thai Nguyen University of Technology achieved the desired results? The assessment of the current status of the elective physical education program, including: The actual state of facilities; Current status of the teaching staff ; Implement the school's program content in accordance with the regulations of the Ministry of Education and Training (Education and Training) ; Actual situation of training needs of students with elective subjects ; The physical status of students ... will help managers and leaders evaluate the remaining aspects of the program so that they can take remedial measures to improve the effectiveness of the self-educational education program. Choice in particular and the quality of the school's training in general.

Keywords - Status; Elective financial education; Evaluate; Student; University of Industrial Engineering.

I. INTRODUCTION

Along with the development of society, physical training and sports have constantly developed and increasingly asserted their important role. Aware of that, in recent years, the Thai Nguyen University of Technology has always focused on improving the quality of physical education through activities: program improvement, quality improvement of lecturers, investment in facilities. ...

In the 2017-2018 school year, the Department of Physical Education has improved the program offer basic and advanced elective sports to replace compulsory physical education modules to match the new requirements of training, practical conditions of the school and meet aspirations of students. However, has the introduction of new subject programs into teaching and learning achieved the the expected effect? The remaining problems need to be overcome ... Therefore, in order to help the Department of Physical Education, as well as to help the school's managers have the right and objective perception. on the work of physical education of the school , as a basis for finding solutions to improve the effectiveness of physical education activities . We conduct "Assessment of the actual status of the implementation of the elective physical education program at the Thai Nguyen University of Technology" is a necessary job to contribute to improving the training quality of the school.

Research Methods: Research has been using methods of document analysis and synthesis, questionnaire interviews, pedagogical tests and statistical methods list.

Research object: Use 300 student at Thai Nguyen University of Technology to interview and 100 male and female students for physical fitness test.

II. RESEARCH RESULTS

In order to assess the actual status of the implementation of the elective physical education program at the Thai Nguyen University of Technology, the study conducted an evaluation according to the following five contents: Curriculum elective education; status of the teaching staff of physical education ; the current state of facilities serving the work of physical education ; students' need to choose sports electives; actual status of students' registration of electives; physical strength of students at Thai Nguyen University of Technology. Specifically as follows:

1. Actual situation of facilities for physical education work at Thai Nguyen University of Technology.

Table 1. Actual situation of facilities serving the work of physical education at Thai Nguyen University of Technology

Ordinal	Yard – Tools	Usable area (m ²)	Number of yards	Yard material	Quality
1	Football field 105m ´68m.	7140	01	Natural grass	Least
2	Football pitch	2000	02	Artificial grass	Medium
3	Volleyball yard.	162	0 4	Concrete	Medium
4	Basketball yard.	420	02	Concrete	Medium
5	Badminton court in the gymnasium.	450	02	In the home	Medium
6	Soccer field	144	02	Concrete	Medium
7	400m stadium running track.	3200	01	Clay	Least
8	Single bar		01	-	Least
9	Double beams.		01	-	Least
10	Deviant beam.		01	-	Least

- From Table 1, we can see that the actual number of yards, gymnasiums and gymnasiums is mostly just average, not sure about the quantity as well as the quality, so it is not guaranteed to serve the public well. Current teaching of Physical education at home school.

2. The current situation of the teaching staff of physical education at the Thai Nguyen University of Technology.

As of the end of 2021, the teaching staff of the school's Physical education subject is 10 lecturers, including 6 men and 4 women. 100% have achieved master's degree, most of the lecturers are young . The current situation of the teaching staff of physical education at the Thai Nguyen University of Technology is shown in Table 2.

Table 2: Actual situation of the teaching staff of general education at Thai Nguyen University of Technology

Total number of Instructors	Lecture female tablets	Working years		Qualification			Age of life	
		Over 10 years	Less than 10 years	Doctor	Master	University	Over 45 year	Under 45 year
10	4	10	0	0	1 0	0	2	8

The number of lecturers with more than 10 years of experience is 10 . Regarding the age of the teaching staff, it has been shown that the number of lecturers under the age of 4 5 years old accounts for 80%, the number of lecturers over 45 years old accounts for only 20%. This is a young and enthusiastic human resource that can well meet the requirements of movement development and training requirements.

3. The current status of the physical education program being implemented at the Thai Nguyen University of Technology.

The current status of the physical education curriculum at the Thai Nguyen University of Technology is implemented in accordance with framework program prescribed by the Ministry of Education and Training, in which:

- **Compulsory course:**

+ Compulsory module 1 (30 periods) with the following contents: Hand exercises, team formation exercises and short distance running (100m) .

- **Learning the self-select:**

+ The elective course is divided into 2 modules: the basic elective and the advanced elective, in which there must be prerequisites when students register for the advanced elective course.

+ With the number of 0 6 sports for electives (soccer, volleyball, basketball, badminton, tennis , dance music)has relatively met the needs of choosing sports suitable to the physical level and preferences of the students.

The program of physical education subjects at the Thai Nguyen University of Technology is shown in detail in

Table 3.

Table 3: Actual situation of physical education program at Thai Nguyen University of Technology

Ordinal	Subject	Number of periods	Content
1	Compulsory physical education (Gymnastics + Athletics)	30	<ul style="list-style-type: none"> • Exercise: + Exercises for joint development without 7 movements. + Team formation exercises. • Athletics: 100m running technique.
2	Elective physical education ² (Basic elective)	30	<ul style="list-style-type: none"> • Basic football (BD 1) • Basic Volleyball(BC 1) • Basic Basketball (BR 1) • Basic badminton (CL1) • Basic Tennis (Tennis1) • Basic dance music (ANVD1)
3	Elective physical education 3 (Basic elective + Advanced elective)	30	<ul style="list-style-type: none"> • Basic football (BD1) • Basic Volleyball (BC 1) • Basic Basketball (BR1) • Basic badminton (CL 1) • Basic Tennis (Tennis1) • Basic dance music • Advanced Football (BD 2) • Advanced Volleyball (BC2) • Advanced Basketball (BR 2) • Advanced badminton (CL 2) • Advanced Tennis (Tennis 2)

4. *The reality of students' need to choose elective sports tablets*

Adding more sports to the training program has helped students have more options to choose their favorite sport, suitable for their own characteristics.

The current situation of students' need to choose appropriate sports through interviews at the Thai Nguyen University of Technology is shown in Table 4.

Table 4. Results of selection of suitable sports (n = 300)

Ordinal	Sport	Result (n)	Percentage (%)
1	Football 1	222	74.0 %
2	Volleyball 1	192	64.0 %
3	Basketball 1	171	57.0 %
4	Badminton 1	204	68.0 %
5	Dance music	165	55.0 %
6	Swimming 1	198	66.0%
7	Tennis 1	183	61.0 %
8	Advanced Football	183	61.0 %
9	Advanced Volleyball	177	59.0 %
10	Advanced Basketball	162	54.0 %
11	Advanced badminton	168	56.0%
12	Advanced Tennis	156	52.0 %
General		727	

+ *Regarding the results of choosing suitable sports* : Of the 12 sports listed for students to choose from, football was the most chosen by them with 222 comments, accounting for 74 %. The remaining basic electives account for 55% - 68%. . Advanced electives have a student selection rate of 52-61%. No student has an opinion to choose other subjects besides the list item.

* Difficulties when registering for elective physical education courses.

- The registration opening time is short while the number of students participating in registration is large.

- Students have not identified their favorite subjects and sports suitable for their level.

- The counseling when choosing and registering elective physical education subjects of the homeroom teacher and academic advisor is not closely followed, leading to wrong registration, wrong registration and failure to register.
- Facility conditions that do not meet the needs of training are also a big obstacle in the implementation of elective physical education modules.
- The coordination between departments, especially the training room with homeroom teachers and academic advisors is still fragmented and not synchronized.

5. *Physical status of students at Thai Nguyen University of Technology*

Approving the application of fitness assessment tests according to Decision No. 53/2008 of the Ministry of Science and Technology Education and Training dated September 18, 2008 to test the fitness level of male and female students at Thai Nguyen University of Technology is presented in Table 5, specifically:

Table 5. Status of physical fitness test results of male and female students at Thai Nguyen University of Technology

Test	Number quantity	Sex	X	σ	CV%
Run 30m high start(s)	n = 100	Male(n=50)	4.71	0.43	8.87
		Female (n=50)	5.17	0.38	6.27
Jumping on the spot (cm)	n = 100	Male(n=50)	216.7	22.15	11.96
		Female (n=50)	156.4	15.26	9.75
Run the shuttle 4 x 10m(s)	n = 100	Male(n=50)	9.89	0.86	9.46
		Female (n=50)	12.36	0.71	4.94
Lay up down crunches (times)	n = 100	Male(n=50)	23.25	1.8 2	8.025
		Female (n=50)	16.5 2	1. 69	10.42
Hand grip force (kg)	n = 100	Male(n=50)	44.45	1.36	2.88
		Female (n=50)	30.4	1.74	2.15
Run according to strength 5 minutes (m)	n =100	Male(n=50)	870.2	96.43	12.34
		Female (n=50)	649.5	78.81	9.65

Through table 5 we see:

- **In male:** When compared with the results of the Ministry of Education and Training, there are 4/6 tests including: Run 30m high start; Hand grip force (kg); Run the shuttle 4 x 10m(s); Lay up down crunches (times) is in the reach level. Jumping on the spot (cm) achieved good results; Particularly, the test of Running according to strength for 5 minutes (m) has not been passed. Graded results according to the physical fitness standards of the Ministry of Education and Training students at the Thai Nguyen University of Technology have not yet been graded obtain.
- **In female :** When compared with the results of the Ministry of Education and Training, it shows that 4/6 tests (Running 30m high start; Jumping on the spot; Running the shuttle 4 x 10m(s); Hand grip force(kg)) lie live level obtain. Test Lay up down crunches (times) of good grade; Particularly, the test of Running according to strength for 5 minutes (m) has not been passed. The results of the classification according to the physical standards of the Ministry of Education and Training, the female students of the Thai Nguyen University of Technology have not been classified yet. pass. grade not pass.

III. CONCLUDE

- The current situation of the Physical education program being carried out at the Thai Nguyen University of Technology is implemented according to the curriculum framework of the Ministry of Education and Training, with rich program content to meet the needs of subject selection. Sports suitable for the physical level and interests of students.
 - The current state of physical facilities, equipment and training equipment is generally lacking in both quantity and quality. The number of lecturers meets the training requirements.
 - The physical condition of both male and female students is not up to the standards of the Ministry Education & Training.

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