EVALUATE THE EFFECTIVENESS OF THE EXTRACURRICULAR DANCE SPORT COURSE FOR DEVELOPING STUDENT'S PHYSICALITY OF ELECTRIC POWER UNIVERSITY

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Abstract:
Through scientific methods, a dance sport course has been developed and 8 dancesport exercises selected. Experiments have proved the effectiveness of dancesport exercises in physical development for students of Electric Power University.

Keywords: Course, exercises, dance sport, physicality, students.

INTRODUCTION

Dancesport was abroad-introduced to Vietnam and has received the positive response from participants. Hanoi Electric Power University has been training dancesport as a subject for students. This is also one of the very useful students' extracurricular activities which helps improving physicality and intellectuality, and it is a healthy entertainment. However, the teaching curriculum and applied exercises are not adequate and comprehensive. Therefore, developing course and selecting exercises are essential in order to improve physicality for students at Hanoi Electric Power University.

RESEARCH METHODS

The research uses following methods: Document analysis and synthesis method, interview-seminar method, pedagogical examination method, pedagogical experiment method, statistical mathematical method.

RESULTS AND DISCUSSION

Through scientific research methods, the research has developed an extracurricular course and dancesport exercises in order to improve the students' physical strength at Electric Power University. The techniques teaching is divided into two stages:

Stage 1: Latin dances (15 weeks x 2 sessions /week = 30 sessions; Training time: 90 mins/session) Main contents include: Rumba, Chachacha, Jive, Paso doble, Samba.

Stage 2: Standard dance (15 weeks x 2 sessions/week = 30 sessions; Training time: 90 mins/session) Main contents include: Waltz, Tango, Slow Foxtrot, Quick step, Viennese Waltz.

Through reference to documents and expert interview, we have selected 8 dancesport exercises including: Basic steps, combination of walks, combination of hand movement, combination of 9 900 – 1800 – 3600 rotary steps, combination of copper-silver-gold steps and combinations of performance competitions. These groups of exercise are applied in the experimental process.

The experiment employs 321 freshmen and junior students at Hanoi Electric Power University, including 164 first-year students (149 female and 15 male) and 157 second-year students (142 female and 15 male). The experiment was conducted in two terms, 15 weeks/term, 02 sessions/week and 90 mins/session. The experimental groups are learning according to the prescribed subject curriculum, in parallel with the application of dancesport exercises in order to improve physical development. The control group follows the old subject curriculum.

Pre-experiment result about students' physicality assessment of two groups is presented in Table 1.

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Dancesport is now developing strongly in schools of all levels in major cities (photo source: https://vov.vn/)

Table 1. The result of students' physicality assessment of two groups: experimental group (EG) and control group (CG) - before the experiment

No	Test	CG		EG		Statistical differences	
		$\bar{x}$	±δ	$\bar{x}$	±δ		
Male		**(m_i=15)**		**(m_i=15)**		$t_{calculated}$	P
1	The force of dominant hand (kg)	44.27	4.35	44.23	4.27	1.028	>0.05
2	Abdomen Folding-up (turn/30s)	19.25	2.01	19.31	2.03	1.103	>0.05
3	Long jump (cm)	215	20.7	214	20.5	1.024	>0.05
4	30m slow-start running (s)	5.58	0.51	5.57	0.53	0.862	>0.05
5	4x10m shuttle running (s)	12.23	1.31	12.22	1.33	1.084	>0.05
6	5-min free running (m)	971	98.12	969	98.07	1.069	>0.05
Female		**(m_i=142)**		**(m_i=149)**		$t_{calculated}$	P
1	The force of dominant hand (kg)	27.2	2.81	27.1	2.83	0.931	>0.05
2	Abdomen folding-up (turn/30s)	17.6	1.75	17.7	1.77	1.02	>0.05
3	Long jump (cm)	159	15.97	160	15.9	1.056	>0.05
4	30m slow-start running (s)	6.57	0.62	6.55	0.63	1.083	>0.05
5	4x10m shuttle running (s)	12.86	1.25	12.84	1.26	1.032	>0.05
6	5-min free running (m)	887	89.1	886	88.9	1.207	>0.05

Table 2. The result of students' physicality assessment of two groups: experimental group (EG) and control group (CG) - after 1-semester experiment

No	Test	CG		EG		Statistical differences	
		$\bar{x}$	±δ	$\bar{x}$	±δ		
Male		**(n=15)**		**(n=15)**		$t_{calculated}$	**P**
1	The force of dominant hand (kg)	45.19	4.33	46.02	4.31	2.26	<0.05
2	abdomen folding-up (turn/30s)	19.75	2.02	20.23	2.07	4.218	<0.05
3	Long jump (cm)	220	20.8	224	20.6	2.727	<0.05
4	30m slow-start running (s)	5.46	0.53	5.37	0.58	2.697	<0.05
5	4x10m shuttle running (s)	11.89	1.32	11.67	1.31	2.467	<0.05
6	5-min free running (m)	998	98.15	1025	98.12	2.521	<0.05
Female		**(n=142)**		**(n=149)**		$t_{calculated}$	**P**
1	The force of dominant hand (kg)	27.9	2.83	28.2	2.84	2.538	<0.05
2	Abdomen folding-up (turn/30s)	18.1	1.73	18.6	1.75	3.367	<0.05
3	Long jump (cm)	163	15.94	168	15.92	3.428	<0.05
4	30m slow-start running (s)	6.47	0.61	6.4	0.66	3.12	<0.05
5	4x10m shuttle running (s)	12.63	1.27	12.57	1.23	3.208	<0.05
6	5-min free running (m)	911	89.2	923	88.5	1.207	<0.05

The result analysis shows that: Through the assessment and evaluation of all the indicators obtained between the experimental and control groups in both men and women, there is no statistical difference, showing $t_{calculated} < t_{table}$ at the probability threshold P> 0.05. It proves that, before the experiment, the physicality of both experimental and control groups was similar.

After one semester, applying the solutions that have been selected in the research process, the research has assessed the physicality of 2 groups with 06 tests according to the Ministry of Education and Training's physical training standards. Assessment result are presented in Table 2.

The result shows that: After one semester applying the course and exercises, the physical strength of experimental group has a significant difference compared to the control group showing $t_{calculated} > t_{table}$ probability threshold P <0.05.

CONCLUSION

- We have developed a dancesport course and selected 8 types of dancesport exercises

- Initial experiments show that the course has high efficiency in physical development for students at Hanoi Electric Power University.

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