

SELECTION OF MEASURES TO IMPROVE QUALITY OF EXTRA-CURRICULAR SPORTS ACTIVITIES FOR STUDENTS AT HONG DUC UNIVERSITY

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Abstract:

By basic research methods, we have selected 04 measures, developed the content of each measure and assessed the effectiveness of measures to improve the quality of extra-curricular sports activities for students at Hong Duc University.

Keywords: Selection, measures, extra-curricular sports activities, students, Physical Education, Hong Duc University.

INTRODUCTION

Strengthening the extra-curricular activities for students is extremely important. However, at present, the organization of extra-curricular activities for students in universities in general and Hong Duc University in particular is still ineffective. In our opinion, the organization of extra-curricular activities of the schools today is still inadequate such as not raising the awareness of students about the role and effects of sports training and there are no measures to encourage students to participate in extra-curricular activities and especially no incentive for teachers to guide extra-curricular activities for students. Recognizing the important role and the effect of extra-curricular sports activities for students as well as based on analyzing the meaning and importance of extra-curricular sports activities for the improvement of health and physical training of Hong Duc University students, we have conducted a research: Selection of measures to improve quality of extra-curricular sports activities for students at Hong Duc University.

RESEARCH METHODS

During the research process, we have used the following research methods: Documents analysis and synthesis; Interview; Pedagogical observation and investigation; pedagogical test; Statistical mathematics.

RESULTS AND DISCUSSION

1. Selecting groups of measures to improve effectiveness of extra-curricular sports activities for students at Hong Duc University

To determine the practical basis of the measures selected, the study has conducted interview with 25 sports leaders, managers, educators and teachers who are currently directly involved in management and training at Hong Duc University. The research has selected measures with the consent of 50% or more to apply to improve the quality of extra-curricular sports activities for Hong Duc University students. They are, group 1: Enhancing the propaganda and education; group 2: Improving material facilities, sports training equipment; group 3: Arranging teachers to help and guide sports practice; group 4: Establishing sports club.

2. Developing content for selected measures and applying to improve effectiveness of extra-curricular sports activities for Hong Duc University students

After selecting groups of measures, the research has developed specific contents and programs for the selected groups of measures, at the same time organized the implementation of those measures.

2.1. Measure group 1: Strengthening propaganda and education

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In order to raise the awareness and responsibility of the leaders of the University, mass organizations, staff, as well as students on the role, meaning and importance of school physical education and extra-curricular sports activities.

Content: Regularly propagandizing and educating students about the role, meaning, effects and importance of regular sports training in health preservation and improvement, physical strength development, formation and completion of basic motor skills and techniques. Sports practice contributes to human development comprehensive, balanced and reasonable.

Always doing well the political and ideological education for staff of teachers, students in the school. Equip students with some knowledge about sports such as Summary of the history of sports, principles and methods of training, systems of basic concepts about school sports, sanitary training requirements and changes that increase the functional capacity of the body's functional systems.

Collaborating with Trade Union, Ho Chi Minh Communist Youth Union, Students Association, University Sports Association to propagandize and organize sports competitions such as men's and women's football; men's and women's volleyball, badminton, annual student chess, traditional cross-country running, etc.

Organization of implementation:

Propagating the whole University: Using panels, posters hanging around the campus, dormitories such as in front of the University entrance, dormitory gate, canteen, message boards of the faculties (convenient and easy place to observe) by collaborators.

Integrated propaganda: Using leaflets hand-delivered to each student through class staff and some physical education and sports teachers at Hong Duc University; as well as incorporate measures of directly informing students to propagate the theoretical content and related tournaments as well as the program of extra-curricular sports activities among the first year students of the University

Through teaching regular and extra-

curricular practical subjects, teachers always incorporate and integrate theoretical lessons in the regular lessons and after each extra-curricular sports activity to supplement the knowledge of sports for students.

Directly contacting to Ho Chi Minh Communist Youth Union, Student Association and Leaders of some Departments to mobilize students to participate in extra-curricular sports training.

Results:

The number of students participating in extra-curricular sports activities has increased significantly. There are more tournaments such as Indoor Soccer, Badminton, Volleyball and Table Tennis. Students has participated Chess competition enthusiastically.

2.2. Measure group 2: Improving material facilities, sports training equipment

In order to ensure the sufficient quantity and improve the quality of facilities, training equipment and other factors to guarantee the effective extra-curricular sports training.

Content: Unifying to lend students ground and equipment so that they have favor conditions to practice sports in their leisure time

Developing plans and renovating, repairing and upgrading facilities, ground and equipment to make the most of the University's conditions to serve the regular and extra-curricular sports training.

Organization of implementation:

Mobilizing all human and material resources to renovate and repair training ground and equipment for the University.

Collaborating with Departments, Boards of the University and Organization - Administration

- Department of Physical Education at Hong Duc University renovate and repair ground and equipment as well as buy new equipment to effectively serve the sports training process of students.

Implementation process: Surveying real situation of ground and equipment then determine the level of response in terms of quantity and quality, then proposing the leadership of Hong Duc University and the

Department of Physical Education to coordinate repairing, purchasing, etc.

Results: the quality and quantity of grounds improved. The results presented in Table 1.

The research results in Table 1 shows, after making proposals, the training facilities and equipment improved and ground area in the teaching area for students to practice sports increased. The leaders of Hong Duc University had a meeting with the Department of Physical Education to supplement more ground and equipment for teaching and extra-curricular training for students. In addition, the previous training ground and equipment repaired and renovated to put into service for teaching and extra-curricular sports activities by Hong Duc University students.

2.3. Measure group 3: Arranging teachers to help and guide sports practice

Need to arrange a team of teachers, instructor to help students during the extra-curricular sports training, in order to bring confidence and safety for students.

Content: Mobilizing cadres, teachers of sports and some students in the Department of Physical Education at Hong Duc University voluntarily participate in guiding the students of Hong Duc University to practice sports. Provide economic support and encouragement for specialized cadres, teachers and students to participate in guiding sports training. In addition, there are other forms of education and propaganda to raise awareness, moral quality and behavior for the teachers and instructors as well as those practicing extra-curricular sports.

Organization of implementation:

Directly mobilizing a number of capable and enthusiastic sports teachers to participate voluntarily in guiding the students to practice extra-curricular sports. Organizing training for collaborators on plans and how to carry out extra-curricular sports, programs for 1 week of each subject from 5 pm to 6 pm from Monday to Saturday. For each training session, assigning 2 teachers to teach, help, ensure safety as well as arbitration for students of Hong Duc University to participate in extra-curricular sports training.

Results: During the research process, there were 4 sports teachers of the Department of Physical Education at Hong Duc University volunteering to guide students to practice extra-curricular sports according to the program and plan built.

2.4. Measure group 4: Establishing sports club

In order to facilitate and unify the training management, propaganda and instructions to improve the effectiveness of extra-curricular sports activities and attract more and more students to participate in extra-curricular sports training

Content: Building up the rules, regulations and program of the club operation to suit the characteristics of students, ground equipment and other guaranteed conditions at Hong Duc University. Strengthening the propaganda in order to attract a large number of sports staff and teachers participating in the instruction for the club and students of Hong Duc University in training sports in clubs.

Organization of implementation:

Regularly propagandizing for students to know and participate in training in sports clubs by panels, posters, leaflets, etc. Proposing suggestions to University leaders and organizations, offices, departments, and individuals related to the operation of clubs at Hong Duc University.

Based on the results of the survey on the status of existing facilities, equipment and the capacity of the teachers to participate in extra-curricular training, the topic initially proposed and conducted an interview to select the content and method of organization of sports training and club operation.

The results show that, all sports proposed for extra-curricular training have students choosing to participate in the practice, in which many students want to participate in 2 to 3 sports. However, in general, the popular sports are still preferred by the students for extra-curricular activities such as Volleyball, Badminton, Basketball and Soccer. The remaining asked sports have relatively low responses such as Gymnastics; Table Tennis, Aerobic and Handball.

Table 1. Changes in facilities, grounds and equipment for sports training at Hong Duc University

No.	Ground and facilities	Unit	Before experiment						After experiment												
			Quantity		Quality		Training satisfaction		Quantity		Quality		Training satisfaction								
			Teaching area	Dormitory	Very good	Good	Poor	Equipment	%	Teaching area	Dormitory	Very good	Good	Poor	Equipment	%					
1	High jump (crossbar, mat, standards)	Set	4	0	+								4	0	+					+	
2	Long jump	Pit	4	0	+								6	0	+					+	
3	Running track	Track	1	0		+							1	0		+				+	100
4	Pedal	Set	5	0		+							5	0		+				+	100
5	Volleyball court	Court	2	2	+								2	2	+					+	100
6	Volleyball	Ball	40	0	+								80	0	+					+	
7	Football pitch	Pitch	2	0	+								2	0	+					+	50
8	Football	Ball	30	0	+								50	0	+					+	
9	Basketball court	Court	2	1	+								2	0	+					+	100
10	Basketball	Ball	50	0	+								120	0	+					+	
11	Badminton court	Court	2	2	+								4	4	+					+	50
12	Badminton Racket	Pair	50	0	+								120	0	+					+	
13	Shuttle	Shuttle	200	0	+								400	0	+					+	
14	Ping pong table	Table	1	0	+								3	2	+					+	
15	Ping pong Racket	Racket	10	0	+								20	0	+					+	
16	Ping pong ball	Ball	60	0									60	0	+					+	
17	Horizontal bar	Set	0	0									0	0							
18	Parallel bar	Set	0	0									0	0							
19	Mat	Mat	3	0									15	0	+					+	100
20	Jumping rope	Rope	10	0	+								80	0	+					+	100
21	Fitness equipment	Type	5	0									10	0	+					+	
22	Training house (versatile house)	House	0	0									0	0							
23	Chess board	Set	40	0	+								50	0	+					+	
24	Tennis court	Court	2	0	+								2	0	+					+	100
25	Training ground area	Square meter	1790	430									2290	3574						+	

About the time of practice: Most students think that the extra-curricular sports practice in the afternoon would be more convenient. The rest said that they would practice in the morning and in the evening.

About the number of extra-curricular sports sessions in the week: Most students think that practicing 3 sessions in a week is reasonable with time, health and other conditions. The number of students thinks that practicing 4 and 5 sessions in a week sessions is small.

About the amount of training time: According to the results presented above, the majority of student thinks that the most reasonable amount of training time is 60 minutes per session.

About the form of training: Most of the students said that it is necessary to have guide and competition in the extra-curricular sports training.

Thus, based on the above results, the study has selected the content and method of organizing extra-curricular sports training and club operation, specifically as follows: Regarding sports for training: Badminton, Volleyball, Basketball and Soccer; About training time: In the afternoon; About the number of training sessions: 3 sessions; About the amount of training time: 60 minutes/session; About training form: Training with instructors.

Results:

The performance of the club for 1 year showed that the number of clubs as well as the number of participants in sports training in the club increased significantly. Specifically, the number of clubs increased from 1 to 5 clubs, the number of participants increased from 4515 times/year to 22575 times/year. That confirms the preeminence of the solution to set up sports clubs for students to practice. Thus, the organization and time distribution are reasonable and suitable with the aspirations of students play a very important role in encouraging the participation in extra-curricular sports training by students at Hong Duc University.

CONCLUSION

From the research results, we draw the following conclusions:

1. The study has selected 4 scientific methods and suitable with the practices of Hong Duc University, including group 1: Enhancing the propaganda and education; group 2: Improving material facilities, sports training equipment; group 3: Arranging teachers to help and guide sports practice; group 4: Establishing sports club.

2. With the synchronized experimental application of the 4 measures in practice of extra-curricular sports training activities shows that the initial effectiveness is to raise the awareness of staffs, teachers and students about the role of sports activities, the number of clubs increases, the number of participants in extra-curricular sports activities increases, the equipment and ground improved, etc.

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