

SOLUTIONS TO IMPROVE THE EFFECTIVENESS OF PHYSICAL EDUCATION FOR STUDENTS AT THE UNIVERSITY OF TECHNOLOGY AND EDUCATION – THE UNIVERSITY OF DANANG

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Abstract:

Using scientific research methods, the research has selected 7 groups of solution, including 5 situational solution group and 2 strategic solution groups in order to improve the effectiveness of Physical Education (PE) subject for non-specialized students at the University of Technology and Education – The University of Danang

Keywords: Solution, physical education, student, University of Technology and Education.

INTRODUCTION

The University of Technology and Education was established on December 6, 2017, the forerunner is the College of Technology (Da Nang University). The University of Technology and Education is a newly established university so that the PE training activity still has many limitations, difficulties and shortage of facilities. Awareness of students about the role and effects of PE is still incomplete; the content of the PE curriculum is still inconsistent; the evaluation activity according to General Physicality Standards prescribed by the Ministry of Education and Training is sometimes not adequate attention. It leads to the fact that many students do not meet physicality standards. In parallel with improving professional education quality, the school always focuses on health issues - the PE activity for students. However, there has not been any research study or evaluation about whether the PE teaching and learning activities really meets the trend of PE training development and especially in accordance with the occupational physiology, the health of students.

From the above-mentioned reasons, and the desire to contribute to the development of school and improve the PE activity for student, we conduct research: “Solutions to improve the effectiveness of Physical Education for students at the University of Technology and Education – The University of Danang”.

RESEARCH METHODS

During the study, we used the following research methods: Document analysis and synthesis, Method of interviewing through interview card, pedagogical observation method, pedagogical examination method, statistical mathematical methods.

Research subject: 150 female students and 150 male students at the University of Technology and Education.

RESULTS AND DISCUSSION

1. Identify the causes that affect the effectiveness of PE teaching and learning activity at the University of Technology and Education

The research identifies the causes affecting the effectiveness of PE teaching and learning activity at the University of Technology and Education by surveying 300 students and 12 PE teachers. Aggregated data result of interviews has identified four main reasons affecting the effectiveness of school PE activity. The four reasons are:

1. PE training equipment and devices are insufficient; the density of participants is too crowded.
2. The school's PE curriculum is not adaptable to the needs of students.
3. Student lacks of self-awareness attitude in Physical Training and Sport.
4. Not fully master the required techniques.

From the above situation, it is necessary to

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have specific and practical solutions to improve the effectiveness of PE in the University of Technology and Education.

2. Select solutions to improve the effectiveness of PE teaching and learning activity at the University of Technology and Education

Basing on the requirements for selecting solutions and through material reference, and through PE teaching and learning investigation. Through a questionnaire interview with 12 experts and teachers about the priority in selecting solutions, the research initially selects 7 groups of solution which have agreement rate from 90 to 100%.

Group 1: Propagating to raise student's awareness in understanding meaning and role of PE.

+ Coordinating with the Department of Politic and Student Affairs to propagate and educate through citizen week at the beginning of the school year or in monthly regular meetings.

+ Coordinating with Labor Union, Ho Chi Minh Communist Youth Union, Students' Union to propagate and educate through organizing sport fairs, contests ... on the special occasion.

+ Deploying the plan, content and criteria for assessing student's physical strength at the beginning of schoolyear so that students can plan to practice.

+ Notifying the PE assessment schedule to students. Guiding student to have participation schedule.

Group 2: Strengthening extracurricular activities, developing sport clubs.

+ Develop an extracurricular PE activity plan for the whole schoolyear.

+ Assigning teachers to manage and guide extracurricular activities.

+ Establishing sport clubs according to student's need.

+ Establishing sport selected teams of the school, faculty, class and maintain regular training.

+ Develop a competition system using in special occasion and suitable for school's master plan

+ Consult with the School Board of Directors

to increase expenditure for extracurricular activities. Having a regime of commendation and encouragement to collectives and individuals in time who participate regularly in extracurricular sport activities.

Group 3: Strengthening and maximizing the exploitation of material facilities.

+ Annually, consulting with the Party Committee, the School Board of Directors, the Administration Department to purchase, upgrade and repair facilities for formal learning and extracurricular training.

+ Coordinating with the Administration Department in facility management, maintenance and usage.

+ Exploiting all functions of the gymnasium, training ground, equipment available

+ Propagating and educating students about facility maintenance for the school's PE activity.

Group 4: Strengthening the organization of school-level tournaments, regularly arranging school sport teams to compete in outside tournaments.

+ The School Board of Directors has the direction for the tournament organization. Actively finding expenditure sponsors for school sport competitions.

+ Developing plans to organize competitions and submitting to the School Board of Directors for approval at the beginning of schoolyear.

+ Units, Youth Union base on the school's annual competition plan of the school to develop the competition plan in each specific period.

+ Youth Union cooperates with other units to call for expenditure for the tournament.

+ Basing on the tournaments of universities and high school in the area, establishing a team to participate.

Group 5: Fostering and guiding physical training methods for students.

+ Guiding students about physical training methods in mainstream lessons.

+ Collaborating with other organizations to foster training methods through sports competitions

+ Collaborating with other departments to report methods of self-training for class through

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monthly class meeting.

+ Coordinating with the other department to have school newsletters on about PE training activity weekly

Group 6: Improve the content, curriculum, teaching methods.

+ Sticking to the direction of the school on the learning aims implementation for each school year.

+ Organizing the course materials composing as a basis for cadres, teachers to refer in the teaching process and students research.

+ Gradually conducting research to develop the subject curriculum in accordance with the school facilities and student's physicality.

+ Conducting the curriculum content formulation to suit the conditions of the school's facilities, the student's physicality. Regularly conduct seminars and discussions to reach agreement on suitable teaching methods.

+ Create conditions for teachers to improve their professional qualifications such as postgraduate study, arbitration-training and professional training courses organized by federations.

Group 7: Improving the quality and qualification of PE teacher; raising the sense of responsibility of school managers and PE teachers; having a satisfied policy for PE teachers.

+ Organizing commentary and experiences exchange

+ Assigning teachers in charge of organizing and managing sport clubs

+ Applying the regimes and policies that have been implemented; developing and issuing specific, immediate and long-term remuneration and treatment regimens to meet the needs and aspirations of officials and teachers.

Form of organization of implementation:

+ Department will consult to the School Board of Directors about regulations on commendation, discipline as well as satisfied policies for PE teachers. Proposing to the School Board of Directors to calculate the hours of teachers participating in the management of sport clubs as mainstream teaching hours. Assigning teachers in charge of organizing and

managing clubs 'activities according to the teachers' specialties and compiling course materials according to the new program.

- Sports teachers and teachers raise their sense of responsibility for the PE work as well as sport activities in schools.

CONCLUSION

1. Identify 4 main factors affecting the PE quality improvement students at University of Technology and Education.

2. Through the research process, 5 short-term solution groups and 2 long-term solutions have been selected to improve the quality of physical education for students at University of Technology and Education.

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(Received 5/11/2019, Reviewed 8/11/2019
Accepted 25/11/2019)