

ASSESSING THE ACTUAL SITUATION OF THE BREASTSTROKE SWIMMING SUBJECT LEARNING RESULTS OF NATIONAL DEFENSE AND SECURITY EDUCATION STUDENTS AT THE ARMY OFFICER COLLEGE NO.1

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Abstract:

Assessing the actual situation of influencing factors and learning results of the breaststroke swimming subject for National Defense and Security Education students at the Army Officer College No.1 in all aspects: curriculum and teaching schedule, teaching staff, facilities, the actual use of training exercises and learning results of the breaststroke swimming subject for students, as a basis for selecting exercises to improve the training effect of breaststroke swimming for the research subjects.

Keywords: Actual situation, breaststroke swimming, subject curriculum, facilities, exercises, academic results, national defense and security education, students, Army Officer College No.1.

INTRODUCTION

In the physical training activities for students, the training of breaststroke swimming is an important content of physical training for soldiers, in order to develop health comprehensively and develop physical characteristics, especially durability, forming basic exercising skills, training the spirit of perseverance, self-confidence, improving quick mobility in training operations and combat drills.

The teaching and learning of breaststroke swimming techniques of the college still has certain limitations, reflected by the end of the subject tests, many students are still weak in tests such as: Has not reached the required swimming distance and weak swimming techniques ... In order to have a basis for having influencing measures to improve breaststroke swimming teaching effectiveness for the students, properly evaluate the actual learning results is a matter of practical significance.

RESEARCH METHODS

The research process uses research methods: Methods of analyzing and synthesizing documents; Interview method; Pedagogical

observation method; Pedagogical test method and Statistical mathematics method.

Evaluate the academic results of 357 students of National Defense and Security Education Course 3, Army Officer College No.1.

RESULTS AND DISCUSSION

1. The actual situation of the curriculum of physical education and exercises applied in swimming training of the Army Officer College No.1

1.1. Contents of physical education curriculum

Physical training is one of the four subjects of general military training that includes: Shooting, tactics, commands and physical training, The content of physical training in the college is also a subject in the education and training program according to the programs prescribed by the Ministry of Defense and the Ministry of Education and Training.

The content of physical training is in the program of 3 subjects: Mass sports, military sports and martial arts. The total duration of the education and training program is 134 periods, divided in details according to Table 1.

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Table 1. The physical education contents of National Defense and Security Education students at the Army Officer College No.1

Headings	Content	Time (period)	Form of training				Process
			Theory	Practice	Revise	Exam	
Part 1. Mass sports		50	6	38	2	4	
T1	Sports theory	6	6				Term 6
T2	Breaststroke swimming	16		14		2	Term 2
T5	Exercise	24		20	2	2	Term 1,2,4
T6	Athletics	4		4			Term 1
Part 2. Military sports		38		26	6	6	
T3	Overcoming obstacles	18		14	2	2	Term 2,6
T2-2	Swim with equipment package	10		6	2	2	Term 4
T2-3	Armed swimming	10		6	2	2	Term 7
Part 3. Martial arts		46	2	38	2	4	
T4	Martial arts	38	2	30	2	4	Term 3,5,6
T10	Thrust blades	6		6			Term 3
Total		134	8	102	10	14	

The table 1 shows that: Basically, the curriculum of the Physical Education subject of National Defense and Security Education students at the Army Officer College No.1 met the requirements of the Ministry of Education and Training and the Ministry of Defense .

1.2. Actual situation of breaststroke swimming training process of the Army Officer College No.1

We surveyed the actual situation of the training process of Breaststroke swimming for National Defense and Security Education students at the Army Officer College No.1 through analyzing teaching records and directly interviewing teachers who are teaching Breaststroke swimming content for students. The results show that:

In Breaststroke swimming training, the exercises are divided into 2 parts:

Part 1: Dryland exercises consist of 4 contents: Practice water gliding posture, practice leg techniques, practice arm techniques, practice combining arms, legs and breathing.

Part 2: Underwater exercises consist of 7 contents: Familiarize with water, practice body

floating, practice leg techniques, practice arm techniques, practice kicking in water, practice all techniques.

The contents are implemented according to the process shown in Table 2.

Table 2 shows: The contents in swimming training of the Army Officer College No.1 are basic contents in training swimming. The breaststroke swimming content is taught in 16 periods, including 12 test periods and 14 practical lessons. With a relatively short teaching time, it is required that both teachers and learners must put effort into achieving the highest efficiency. Therefore, to suitably and effectively arrange to improve the technical efficiency in breaststroke swimming for National Defense and Security Education students of the Army Officer College No.1 is essential. According to the evaluation of the swimming instructors and experts, the allocation of the breaststroke swimming teaching process for National Defense and Security students at the Army Officer College No.1 is appropriate and ensures that the teaching work is highly effective.

Table 2. The process of teaching breaststroke swimming of the Army Officer College No.1

Content	Lesson Plan Exercise	1	2	3	4	5	6	7	8
Dryland	Exercise 1: Practice water gliding posture	x	x						
	Exercise 2: Practice leg techniques	x	x	x	x	x	x	X	x
	Exercise 3: Practice arm techniques	x	x	x	x	x	x	X	x
	Exercise 4: Practice combining legs, arms, and breathing	x	x	x	x	x	x		x
Underwater	Exercise 1: Familiarize with water	x	x	x	x	x	x	X	x
	Exercise 2: Practice body floating	x							
	Exercise 3: Practice breathing	x	x	x					
	Exercise 4: Practice kicking	x	x	x	x	x	x	x	
	Exercise 5: Practice arms pulling	x	x	x	x	x	x	x	
	Exercise 6: Practice kicking and gliding water	x	x	x	x	x	x	x	
	Exercise 7: Swim with all techniques				x	x	x	x	x

1.3. Actual situation of organizing breaststroke swimming training

The process of training breaststroke swimming for students is conducted in two main forms: curricular and extra-curricular

Curricular training: Are the hours of training with teachers following programs which have been regulated. Curriculum training aims to conduct teaching techniques of the contents specified in the subject curriculum as prescribed by the college. However, in the process of training, the training plan is not stable or has to be adjusted. Inadequate training organization is not appropriate. About the training methods, it is only at the level of conveying the movements, mainly maintaining time and discipline, there is no specific and separate training methods for each physical quality, exercise contents are still poor and not yet rich and diverse .

Extra-curricular training: Are the training sessions following programs approved by the college but do not have teachers in class, only staff units sending troops to go practice based on exercises that the teachers previously assigned in the curricular training, each unit usually have 2 extra-curricular sessions in one week according to the plan. This is the required extra-curricular time in the whole unit.

2. Actual situation of physical fitness and breaststroke swimming techniques of National Defense and Security students at the Army Officer College No.1

2.1. Physical fitness status

In order to have more bases as well as scientific bases in an objective and most effective way for the research work, the thesis has conducted a survey on the fitness level of National Defense and Security Education students of Course 03 (first year) at the Army Officer College No.1 based on the army officers and the ground force standards. The time to conduct the survey in February 2018. Survey results are presented in Table 3.

Table 3 shows that: The percentage of trainees with good physical fitness level accounts for 5,05%, fair level accounts for 32.77 % and pass level accounts for 62.18 %. Thus, the level of physical fitness of National Defense and Security students in Course 3 (first year) stopped at an average level, the percentage of students achieving good grades and fair is low compared to the fitness training standards of the military.

Fitness training standards of National Defense and Security students in the first year are evaluated as standards of soldiers; Basically,

Table 3. Survey results on the fitness level of National Defense and Security Education students of Course 3 at the Army Officer College No.1 (n = 357)

No.	Unit	Number of students	Results								General classification
			Good		Fair		Pass		Fail		
			Number	%	m _i	%	Number	%	Number	%	
1	c25	118	6	5.08	38	32.20	74	62.71	0	0	Average
2	c26	119	6	5.04	39	32.77	74	62.19	0	0	Average
3	c27	120	6	5.00	40	33.33	74	61.67	0	0	Average
total		357	18	5.05	117	32.77	222	62.18	0	0	

learners are students before going to the college. During their high school time, they usually focus on natural subjects and social subjects, less on physical training, moreover, nowadays, families often take care of their children so they have less contact with the environment, their swimming practice is also limited. In the physical examination, there were many students who have good physical fitness but the results were only average because they did not know how to swim (if in 1 content they do not meet the requirements, then the test results cannot

reach fair level).

Therefore, to improve the fitness level for students, swimming practice is an essential method to improve the fitness of students.

2.2. Actual situation of swimming techniques

At the beginning of each school year, before training swimming for students, the Sports faculty in the Army Officer College No.1 always test the swimming technical input of learners to understand the situation, classify the objects then reports the college. Test results are presented in Table 4.

Table 4. Survey results on breaststroke swimming techniques of National Defense and Security students of Course 3 (school year 201 7 -201 8) at the Army Officer College No.1

No.	Unit	Number of students	Result					
			Know how to swim				Do not know how to swim	
			Swim breaststroke		Do not swim breaststroke		Number	%
			Number	%	Number	%		
1	c25	118	7	5.93	38	32.20	73	61.86
2	c26	119	6	5.04	40	33.61	73	61.34
3	c27	120	6	5.00	39	32.50	75	62.50
Total		357	19	5.32	117	32.77	221	61.91

Table 4 shows: The rate of students who knew how to swim breaststroke before entering the college is too low, only 5.32%, students who knew how to swim but not breaststroke swimming account for 32.77%. Thus, before going to college, learners who could swim in general only reached 38.09%, the rest of the learners who could not swim reached 61.91%.

One of the conditions for students to graduate is to complete the swimming program.

Therefore, training so that students know how to swim breaststroke (breaststroke swimming is suitable with military characteristics) is a very important and necessary issue. In addition, the facilities for swimming training are still very few compared to the number of students at the college, the swimming coaches force at many times has not satisfied the number of classes, exercises used in swimming training right now are still simple, not yet diverse. From the above



Breaststroke swimming is compulsory content in Physical Education program for students of National Defense and Security Education - School of Army Officer 1 (photo provided by the author)

reasons, it is necessary to select the exercises to improve the effectiveness of breaststroke swimming techniques for National Defense and Security students at the Army Officer College No.1.

CONCLUSION

1. The physical education curriculum of the National Defense and Security students at the Army Officer College No.1 meets the requirements of the Ministry of Education and Training and the Ministry of Defense. The allocation of the breaststroke swimming teaching process for National Defense and Security students at the Army Officer College No.1 is appropriate and ensures that the teaching work is highly effective.

2. The exercises used are not diverse, have not create good interest for students; the exercises have not yet been technically specified in detail for each learner, but detailed technical requirements depend on the experience of each teacher in the teaching process; At the same time, it has not been studied to determine the effectiveness on the learners.

3. The physical fitness status of new learners stopped at an average level, the percentage of students achieving good and fair grades is quite low compared to the military fitness standards;

before going to school, students who could swim only account for 38.09%, the rest of the students who could not swim reached 61.91%.

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