

EVALUATE THE EFFECTIVENESS OF OUTDOOR EXERCISES, SELF-TRAINING TO THE PHYSICAL DEVELOPMENT OF FEMALE STUDENTS AT HUE UNIVERSITY

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Abstract:

Innovating the trend of education to meet the needs, interests and increase interest in the teaching process is an indispensable trend in the current period. By scientific methods, the thesis has evaluated the effectiveness of outdoor exercises and self-training in improving physical fitness for female students of Hue University. After the time of applying the exercises, the fitness of the experimental group grew significantly and developed better than the control group, with confidence at probability threshold $p < 0.001$.

Keywords: Physical education, outdoor, self-training, students, Hue University.

INTRODUCTION

Innovating teaching methods is posed as a regular task of training units of Hue University's member units. The Department of Physical Education is the unit in charge of implementing the education and training work of Hue University. With the concentration of all students studying curricular courses at the Faculty becoming overloaded, it puts great pressure on training managers due to the lack of facilities, land reserved for physical training and sport activities and training grounds. From the perspective of physical education, outdoor exercises, self-training ... are physical exercises and these are vivid forms, creating excitement to solve the effectiveness of the content of physical exercises. Therefore, it is necessary to conduct a trial application of mixed exercises in the lesson plans of the physical education subject to affirm their effectiveness in the outstanding development of the fitness. At the same time, confirming mixed outdoor exercises, self-training is a solution to improve the efficiency and quality of physical education, to increase the interest to help learners to self-train and be creative in the process of curricular learning.

RESEARCH METHODS

The research process uses the following methods: Methods of analyzing and synthesizing documents; Interview method; Pedagogical observation method; Pedagogical testing method; Pedagogical experiment method; Statistical mathematics methods.

RESULTS AND DISCUSSION

On the basis of direct interviews with 36 lecturers and 12 experts in the field of physical education about outdoor exercises that are integrated, mixed in a number of lesson plans of the physical education subjects, the topic has selected outdoor exercises with the following exercise volumes:

- Exercise 30 - 40 minutes, corresponding to 2.5km - 3km;
- Exercise > 40 - 50 minutes, corresponding to the distance of > 3km - 3.5km;
- Exercise > 50 - 60 minutes, corresponding to the distance of > 3.5km - 4km;
- Exercise > 60 - 80 minutes, corresponding to the distance of > 4km - 4.5km;
- Exercise > 80 - 90 minutes, corresponding to the distance of > 4km - 5.0km.

The above exercises include both flat and

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**Outdoor activities always creates high interest for participants
(Photo source:<http://www.yogaplus.vn>)**

slope terrain and mountain climbing suitable for the physical strength of the learners, while also having a charming landscape and an oxygen-rich environment. Through interviews with physical education experts and lecturers, the topic has selected 9/18 outdoor exercises that meet the requirements on the practice safety level with the allowed rate > 70% agree. The topic has selected 9 exercises to apply to the practice of female students at Hue University in the curriculum of physical education, which are:

- Exercise 30 - 40 minutes (1 exercise): Ho Dac Di - Nguyen Khanh Toan - Ta Bat Son mountain (mountain peak climbing) - Nguyen Khanh Toan - Department of Physical Education (2.5 km - 3km).

- Exercise > 40 - 50 minutes (2 exercises):

- + Department of Physical Education - Nguyen Khanh Toan - Nguyen Khoa Chiem - ring road of Ngu Binh mountain - adjacent to Hoang Thi Loan - return to ring road of Ngu Binh mountain - Nguyen Khoa Chiem - Nguyen Khanh Toan - Department of Physical Education (> 3km - 3, 5 kilometres);

- + Department of Physical Education - Nguyen Khanh Toan - Ngu Binh mountain (climb 1/2 the mountain, move around 3/4 the mountain) - ring road of Ngu Binh mountain -

- Nguyen Khanh Toan - Department of Physical Education (> 3 km - 3.5 km);

- Exercise > 50 - 60 minutes (01): Department of Physical Education - Nguyen Khanh Toan - Ngu Binh mountain (climb 1/2 the mountain, move around 3/4 the mountain) - Hoang Thi Loan - Ring road of Ngu Binh mountain - Nguyen Khoa Chiem - Nguyen Khanh Toan - Department of Physical Education (> 3.5 km - 4km).

- Exercise > 60 - 80 minutes (2 exercises):

- + Department of Physical Education - Nguyen Khanh Toan - Ngu Binh mountain (climb 1/2 the mountain, move around 3/4 the mountain) - Hoang Thi Loan - King Quang Trung Square (Offer incense and combine professional exercises at the King Quang Trung Square) - Hoang Thi Loan - ring road of Ngu Binh mountain - Nguyen Khoa Chiem) - Nguyen Khanh Toan - Department of Physical Education (> 4 km - 4.5km);

- + Department of Physical Education - Nguyen Khanh Toan - Ngu Binh mountain (climb 1/2 the mountain, move around 3/4 the mountain) - Hoang Thi Loan - King Quang Trung Square (Offer incense and combine professional exercises at the King Quang Trung Square) - Hoang Thi Loan - Ring road of Ngu Binh mountain - Nguyen Khoa Chiem - Nguyen

Khanh Toan - Department of Physical Education (> 4 km - 4.5km).

- Exercise > 80 - 90 minutes (3 exercises):

+ Department of Physical Education - Nguyen Khanh Toan - Ngu Binh mountain peak (Combine professional exercises at Ngu Binh mountain peak) - Hoang Thi Loan - King Quang Trung Square (Offer incense at King Quang Trung Square) - ring road of Ngu Binh mountain - Nguyen Khoa Chiem - Nguyen Khanh Toan - Department of Physical Education (> 4.5 km - 5km);

+ Department of Physical Education - Nguyen Khanh Toan - Ngu Binh mountain peak - Hoang Thi Loan - King Quang Trung Square (Offer incense and combine professional exercises at the King Quang Trung Square) - Ring road of Ngu Binh mountain - Nguyen Khoa Chiem - Nguyen Khanh Toan - Department of Education and Training (4.5 km - 5 km);

+ Department of Physical Education - Nguyen Khanh Toan - Ngu Binh mountain peak

- Hoang Thi Loan - King Quang Trung Square (Offer incense to King Quang Trung statue and visit Ban mountain) - Ring road of Ngu Binh mountain - Nguyen Khoa Chiem - Nguyen Khanh Toan - Department of Physical Education (4.5 km - 5 km).

In order to evaluate the effectiveness of outdoor exercises, self-training, the topic has applied them in the process of teaching physical education subjects for non-specialized students of Hue University (the time of the first semester of the academic year 2017-2018).

Before and after the experiment, the topic tested and assessed the physical fitness level of 41 female students in the control group and 40 female students in the experimental group using tests regulated by the Ministry of Education and Training. Results are presented in tables 1 and 2.

The results in Table 1 show that the $t_{\text{calculated}} < t_{\text{table}}$ at the probability threshold $p > 0.05$. This has confirmed that the physical fitness levels of female students at Hue

Table 1. Comparison of physical development of female students at Hue University between control group and experimental group - Before experiment

No.	Criteria	Control group (n=41)			Experimental group (n=40)			Comparison	
		\bar{x}	$\pm\delta$	Cv(%)	\bar{x}	$\pm\delta$	Cv(%)	t	p
1	Long jump on the spot (cm)	168.2	18.63	9.08	167.9	11.7	6.97	0.0747	> 0.05
2	30m running (s)	6.7	0.41	5.74	6.67	0.35	5.9	0.2143	> 0.05
3	5 minutes running depend on physical strength (m)	851	31.9	6.75	853	33.57	7.94	0.2365	> 0.05
4	Squeeze force of dominant hand (Kg)	25.54	1.23	4.81	25.62	1.34	5.22	0.2513	> 0.05

Table 2. Comparison of physical development of female students at Hue University between control group and experimental group - After experiment

No.	Criteria	Control group (n=41)			Experimental group (n=40)			Comparison	
		\bar{x}	$\pm\delta$	Cv(%)	\bar{x}	$\pm\delta$	Cv(%)	t	P
1	Long jump on the spot (cm)	169.98	20.15	5.86	182.2	12.23	6.71	2.893	< 0.01
2	30m running (s)	6.5	0.43	7.22	6.29	0.22	6.73	41.324	< 0.01
3	5 minutes running depend on physical strength (m)	865	34.81	7.96	949	36.44	5.84	69.068	< 0.001
4	Squeeze force of dominant hand (Kg)	25.69	1.47	5.7	28	1.18	7.23	47.077	< 0.01



Outdoor training and self-training are forms of exercise that have high effectiveness in the student's physical development (photo source:<https://thethaominhphu.com>)

University before the experiment in the control and experimental groups are equivalent.

The results in Table 2 show that, after experimenting, all 4 tests show the $t_{\text{calculated}} > t_{\text{table}}$ at probability $p < 0.001$. Thus, it can be confirmed that the physical fitness level of the female students at Hue University in the experimental group is much higher than the control group. In other words, the exercises that the topic selected and applied have clearly affirmed the effectiveness in improving the physical fitness level of the study subjects.

At the same time, through observing the training sessions, the topic found that the combination of outdoor exercises and self-training increases the interest, as well as helps learners to practice and be creative in the students' curricular learning process. This will have the effect of promoting students' self-discipline to actively study and train, form a sustainable training motivation and improve training effectiveness.

CONCLUSION

The research process has confirmed the effectiveness of the combination of outdoor exercises in the lesson plans of physical education subject in promoting the physical development of Hue University's female students. At the same time, it is confirmed that

the combination of outdoor exercises, self-training increases the interest, as well as helps learners to practice and be creative in the students' curricular learning process, contributing to improving quality and efficiency of the work of physical education in the university.

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