

APPLY AND EVALUATE THE EFFECTIVENESS OF THE SOLUTIONS TO IMPROVE THE EXTRA-CURRICULAR QUALITY OF TAEKWONDO AND KARATEDO COURSES FOR THE SECOND YEAR STUDENTS OF THE PEOPLE'S POLICE UNIVERSITY OF TECHNOLOGY AND LOGISTICS

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Abstract:

Using regular scientific research methods to apply and evaluate the effectiveness of solutions to improve the quality of extracurricular courses of Taekwondo, Karatedo for second year students of the People's Police University of Technology and Logistics, contributing to improving the quality of physical education in the university.

Keywords: Apply, evaluate effectiveness, solutions, extracurricular, Taekwondo, Karatedo.

INTRODUCTION

Through the process of assessing the actual situation of extracurricular activities of Taekwondo, Karatedo of the second year students at the People's Police University of Technology and Logistics, it shows that the extra-curricular needs of the students are huge, but the quality is not high. Therefore, the application of solutions to improve the extra-curricular quality of Taekwondo and Karatedo courses for the second year students at the People's Police University of Technology and Logistics is very important, in order to contribute to improving the results of physical education in particular and the training quality of the university in general.

RESEARCH METHODS

The research process has used the following research methods: Interview method, pedagogical observation method, pedagogical experiment method, statistical mathematics method.

RESULTS AND DISCUSSION

1. Selecting the solutions to improve the extra-curricular quality of Taekwondo, Karatedo for the second year students of the People's Police University of Technology and Logistics

1.1. Through the results of interviews with experts, managers, teachers and coaches (with a high consensus of 81% or more that agree), we have chosen four solutions as follows:

- Raise awareness on the role and effects of extracurricular activities of Taekwondo, Karatedo.
- Improve the qualifications of teachers and coaches.
- Strengthen facilities for extracurricular activities.
- Strengthen the organization and participation in martial arts competitions at all levels in the system of People's Public Security schools and the Police department.

1.2. Purpose, content and implementation of solutions:

Solution 1: Raise awareness about the role and effects of extracurricular activities.

- Purpose of the solution: To raise students' awareness about the role and effect of extracurricular activities of Taekwondo, Karatedo.

- Content and method of implementation:
+ Coordinating with the functional departments, especially the office of student affairs to thoroughly grasp the Party and State's Resolution on physical education in the

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Karatedo extra-curricular practicing helps training the will, discipline, teacher-respected spirit. And especially, it has high effectiveness in the development of students' physicality (photo by: upes1)

university (held 2 sessions / semester).

+ Propagating and promoting extracurricular activities inside and outside the school (through panels, posters integrated in sports tournaments, mass activities).

Solution 2: Improve the qualifications of teachers, coaches.

- Purpose of the solution: In order to ensure the force of teachers and coaches is sufficient in number and strong in quality, meeting the needs set out in curricular Physical Education studying hours and extracurricular activities.

- Content and method of implementation:

+ Organizing seminars at the Faculty, Department levels, regular and periodical thematic meetings, so that the teachers and coaches have the opportunity to exchange and interact with the new martial arts knowledge.

+ Proposing to the Party Committee - the School Board of Directors to create conditions for teachers and coaches to go on field trips at units, especially directly fighting units such as C45, C47, K20, X41 ...

- Solution 3: Strengthening facilities for extracurricular activities.

- Purpose of the solution: In order to ensure the training ground, training room, training equipment for learning and teaching physical

education activities in the school, meeting the needs of training during and outside the curricular time for student.

- Content and method of implementation:

+ Proposing to the Party Committee and School Board to strengthen the renovation of old training courts and training rooms, replace damaged buildings and training equipment.

+ Proposing to the

Party Committee, the Board of Directors to take a part of the budget to build some new sports constructions to meet the demands.

- Solution 4: Strengthening the organization and participation in martial arts competitions at all levels in the system of People's Public Security schools and the Police department.

- Purpose of the solution: Enhance the relationship between students in the school in particular and students of People's Public Security schools in general, and at the same time improve the level and competency of martial arts for students - athletes.

- Content and method of implementation:

+ Organizing martial arts clubs, mass martial arts activities.

+ Organizing competition activities monthly among students in the 2nd extra-curricular session of the week.

2. Apply and evaluate the effectiveness of each solution

- About solution 1: Raise the awareness of the students about the role and effects of Taekwondo, Karatedo extra-curricular activities.

Results of the implementation of solution 1 are presented in Table 1.

Table 1. Raise the awareness of students about the role and effects of Taekwondo and Karatedo extracurricular activities before and after the experiment (n = 320)

No.	Content of the interview	Result			
		Before experiment		After experiment	
		m _i	%	m _i	%
1	Demand to participate in extra-curricular training				
1.1	Have high demand	237	74.06	297	92.81
1.2	Have demand	74	23.12	23	7.19
1.3	Do not need	9	3.75	0	0
2	The level of participation in extra-curricular training				
2.1	Regularly	242	75.63	309	96.56
2.2	Seldom	69	21.56	11	3.44
2.3	Do not participate	9	2.81	0	0
3	Motivation to do extra-curricular physical training and exercise				
3.1	Interested in exercising and sports	200	62.50	22	6.87
3.2	Due to being aware of the effects of physical training and sports on health, work field	69	21.56	293	91.56
3.3	Affected by friends	51	15.94	5	1.56

Table 1 shows that the number of students who are aware of the role of extracurricular Taekwondo and Karatedo has been improved significantly, since that the demand and the level of participation is also higher and more frequently than before experiment. This shows

that the first solution is effective.

- Solution 2: Improve the qualifications of teachers and coaches.

Results of implementing solution 3 are presented in Table 2.

Table 2. Improving the qualifications of physical education teachers and coaches

No.	Content	Result		
		Before experiment	After experiment	W (%)
1	Number of exchanges, field trips at units	1	2	33.33
2	Organize seminars at departmental level, thematic meetings for teachers, coaches in the military and martial arts departments	2	4	33.33

Table 2 shows that, through field trips, seminars and thematic activities, teachers and coaches in the Military and Martial Arts department has been nurtured, trained more on the professional qualifications. This has great significance in improving the teaching capacity of the teachers and coaches in the military and martial arts department.

- Solution 3: Strengthening facilities for extra-curricular activities.

Results of the implementation of solution 3 are presented in Table 3.

Table 3 shows that the facilities, training equipment have been invested in and improved (the number increases significantly compared to before the experiment). This shows that the school leaders are very interested in and always create conditions for students to have the best learning and training environment.

- Solution 4: Strengthening the organization and participation in martial arts competitions at all levels in the system of People's Public Security schools and the Police department.

Table 3. Strengthening facilities for extra-curricular activities

No.	Equipment name	Unit	Result	
			Before experiment	After experiment
1	Iron stakes area for physical training	Area		x
2	Mannequins for tactical training	Set		x
3	Gymnasium for practicing martial arts	Building	x	x
4	Wall mirrors for reflection	Set		x
5	Competition ground	Set	x	x
6	Chopper knife, pig sticker knife models	Set		x
7	Crowbar, shovel, hoe, iron tube	Set		x
8	Hanging balls for reflex training	Set		x
9	Machine to measure kick and punch speed	Machine		
10	Fitness machines and equipment	Set		x
11	Training safety tools (armor, helmet, legs, hands, gloves, teeth ...)	Set	x	x
12	Tools for subjects: bags for kicking and punching, single and double kicking mitts, practice mat, jumping rope ...	Set	x	x
13	Internet-connected computers, wall-hanged TVs, multifunctional projectors	Set	x	x

Table 4. Participating achievements in martial arts tournaments organized by the Ministry of Public Security

No.	School year	Medal			Total
		Gold	Silver	Bronze	
1	2012-2013	0	3	1	4
2	2013-2014	2	3	0	5
3	2014-2015	3	3	5	11
4	2015-2016	4	5	7	16
5	2016 -2017	5	7	6	18

In the school year 2016 - 2017, the school successfully organized martial arts competitions at People’s Public Security schools and participated in two other martial arts competitions of the Police department. From the strengthening of the organization and participation in martial arts competitions at all levels, the achievement and fitness of the school students have also been significantly improved. The results are presented in Table 4 and Charts

1, 2, 3, 4.

Tables 4 and Charts 1, 2, 3, 4 show that, after 9 months of applying the solutions, the physical strength of the students has been significantly improved (after experiment is higher than before experiment). At the same time, the participating achievement in martial arts competitions of the school's Police department has also improved (especially the academic years 2015 - 2016 and 2016 - 2017).

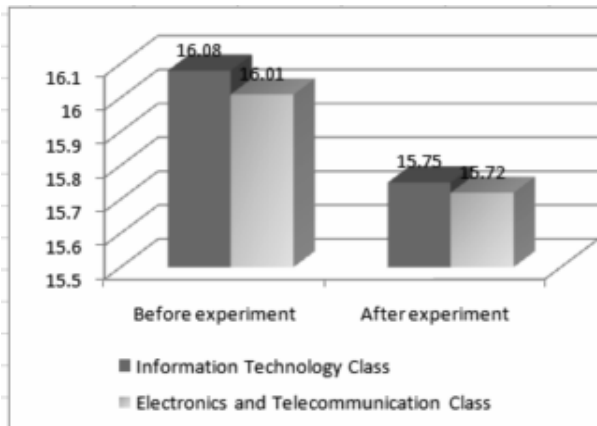


Chart 1. Development of 100m running achievement (s) of male students

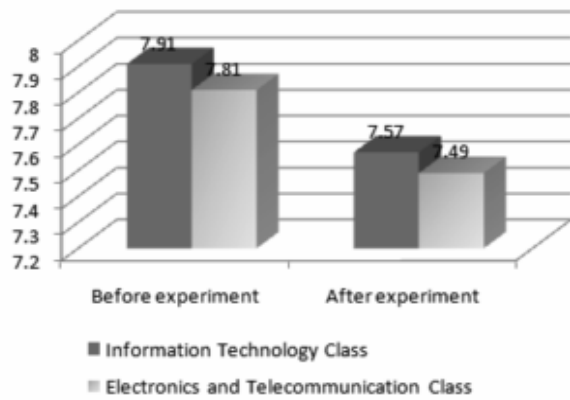


Chart 2. Development of 1500m running achievement (mins) of male students

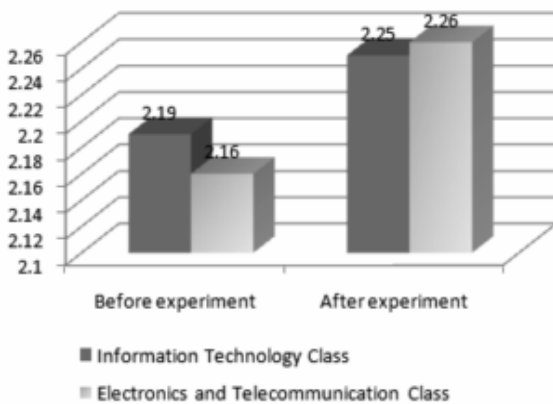


Chart 3. Development of long jump achievement (m) of male students

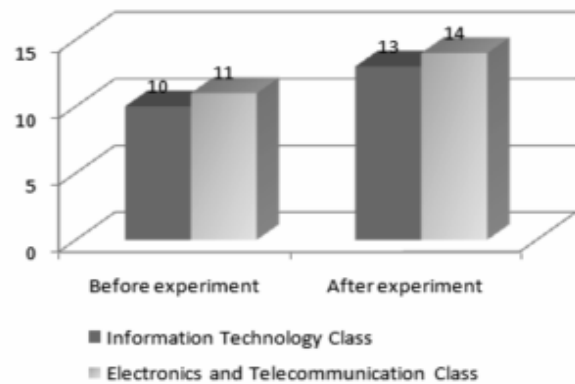


Chart 4. Development of single bar pull-up (times) of male students

CONCLUSION

Through the research process, we have selected 4 solutions to improve the quality of Taekwondo and Karatedo extracurricular activities for the second year students of the People’s Police University of Technology and Logistics. Initial application and evaluation of the effectiveness of the solutions have shown positive results in improving the quality of Taekwondo and Karatedo extracurricular courses for 2nd year students. This is a premise for expanding to other students, contributing to improving the quality of education in school.

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