

# REALITY OF LEARNING PHYSICAL EDUCATION SUBJECT AT HUNG VUONG UNIVERSITY - PHU THO

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## Abstract:

Using conventional scientific research methods, we assess the status of physical education (PE) of Hung Vuong University students. The results show that the results of teaching are only average. The rate of good and excellent students is still low. The rate of students not achieving is still relatively high.

**Keywords:** Current status, quality, education, students, Hung Vuong University.

## INTRODUCTION

Hung Vuong University is home to a relatively strong development of extra-curricular activities, but the survey shows that the internal and extra-curricular physical education development is not commensurate with the available potential. Therefore, it is necessary to find solutions to improve the quality of education for students .

In order to have a basis for making an adjustment to the PE program for non-specialized education students at Hung Vuong University, we conducted the "Assess the reality of learning Physical Education of students of Hung Vuong University - Phu Tho".

## RESEARCH METHODS

In the research process, we use the following methods: Reference materials, interview methods, pedagogical observation methods, pedagogical test methods and statistical mathematical methods.

## RESULTS AND DISCUSSION

### 1. Reality of gymnastics lecturers at Hung Vuong University

Hung Vuong University currently has 14 lecturers in sports and physical education, 100% of university degrees, of which 12 lecturers have master's degree and 2 lecturers are studying master's degree. This is a team of highly qualified teachers with good professional qualifications and experience in the training process.

### 2. Reality of facilities serving the education and training of Hung Vuong University

Physical and technical facilities are important factors that directly affect the education activities, so the topic of the school's available facilities is assessed, the results are presented in Table 1.

As shown in Table 1, the school's facilities, grounds and tools for teaching and learning (both internal and external) have experienced strong growth in recent years. However, in general, quantity and quality are still limited. This is one of the difficulties in the educational and physical training and sports movement for school. However, the exploitation and use of these training equipment to improve the quality of education and training in schools are not good, reflecting in the number of participants in physical training and sport training which is still not much, the movement of physical training is still spontaneous.

### 3. Reality of Physical Education program at Hung Vuong University

The distribution of main curriculum for P.E at Hung Vuong University is presented in Table 2.

The table 2 shows that: In 4 semesters, students are allowed to study 135 periods with 10 teaching contents. In particular, the content of Badminton and Volleyball is the elective subjects which are studied in fourth semester with 45 lessons.

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**Table 1. The reality of facilities in serving education and training of Hung Vuong University**

No	Yard type	Quantity	Quality	Meet the needs of training (%)
1	60 x 100 football field	1	Pass	25
2	Football pitch	1	Good	30
3	Volleyball yard	4	Good	60
4	Badminton yard	4	Good	60
5	Table tennis	15 sets	Very good	80
6	Handball field	1	Pass	40
7	Athletics yard	1	Pass	40
8	Basketball yard	1	Pass	30
9	Parallel beams, cross beams	6	Very good	60
10	High jump cushion	6	Very good	60
11	Long jump hole	1	Good	40
12	Multi-purpose stadium	1	Good	40

**Table 2. Curriculum for students of Hung Vuong University**

Term	Teaching content	Total lessons	Semester			
			I	II	III	IV
P.E 101	Team squad	30	x			
	Gymnastics with rings, sticks					
	Quality developing exercises					
P.E 102	80-beat non-stop hand exercise	30		x		
	Short distances running					
	Medium distances running					
P.E 201	Sitting and long jumping techniques	30			x	
	High jumping techniques					
P.E 202	Badminton	45				x
	Volleyball					

**4. The reality of how to organize the pedagogical education hours of the Hung Vuong University**

The process of education is organized mainly in the form of curricular. Classes are conducted according to the school's schedule. However, the method of organizing lessons and their content has not been improved, lacking vividness. Therefore, the self-training movement of students has not been promoted, learning quality is limited.

**5. Actual results of female students at Hung Vuong University**

The results of academic education for students of Hung Vuong University in 2017-2018 are presented in Table 3.

**Table 3. Actual status of the results of the pedagogical education study of non-specialized female students at Hung Vuong University (n = 200)**

No	Learning result	Student	
		m <sub>i</sub>	%
1	Excellent	0	0
2	Very good	10	5
3	Good	60	30
4	Average	90	45
5	Below average	20	10
6	Weak	20	10



**Overcoming difficulties in facilities and training conditions in many Physical Training and Sport schools has become the demand of students**  
(photo source: <https://moitruong.net.vn/>)

As shown in Table 3, the results of the P.E of female students at Hung Vuong University are low. Specifically, the learning results are classified as follows: The excellent ones with low rate accounting for only 5%, the good ones are 30%, while the average is 45%, the below average is 10% and the weak is 10%. This proves that it is necessary to adjust curriculum development, procurement, construction facilities to create maximum conditions for students to study P.E aiming to improve fitness for university students studying at Hung Vuong University.

### CONCLUSION

- The curriculum is not flexible, still imposing constraints, there are not many elective sports for students, not promoting self-awareness, interest in practice

- The reality of facilities and the staff of teachers serving the education work for students is lacking in both quantity and quality.

- The results of evaluating reality of quality education for students of Hung Vuong University show that: The rate of excellent and

good students are at a low rate, the average rate is quite high, and the weak and poor students are still high.

### REFERENCES

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