

REALITY OF PARTICIPATING IN EXTRA-CURRICULAR PHYSICAL TRAINING OF HUE UNIVERSITY STUDENTS

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Abstract:

Through interviewing students of 08 member universities and 01 Department of Hue University, the article has identified the reality of participating in extra-curricular physical training of students with issues including: The sports that students are participating in extra-curricular activities; Time to participate in training; Training time, time for workout; Form of training; Training location; Difficulties and obstacles when participating in gymnastics. At the same time, the research results also help those who work in sports management to grasp the needs of students on a number of issues related to extra-curricular activities at university.

Key words: Reality, Physical training, Sports, Extracurricular, Students, Hue University.

INTRODUCTION

Gymnastics activities are important for training students' health and spirit, and at the same time creating a useful playground for students to exchange and learn from each other and contribute to helping students avoid social evils. In order to effectively organize gymnastics and sports, apart from promoting the propaganda about the benefits of physical training and sports, we focus on investment in facilities and strengthening, the leadership of the university leaders, faculty... One issue of concern is that the Universities and Faculties must develop suitable and attractive content and practice of gymnastics, thus attracting a large number of students to participate. In order to do this, the first thing that needs to be done is to find out the reality of practicing sports of students to grasp the actual situation, know the needs as well as the difficulties-advantages for students when participating in training, from which find suitable and effective solutions to develop the movement of practice of physical training of Hue University students.

RESEARCH METHODS

In this study, we use the following methods: Methods of analysis and synthesis of documents, Methods of sociological investigation, Pedagogical observation method and Statistical mathematical method.

The survey was conducted on 882 University students.

RESULTS AND DISCUSSION

Through the survey of 882 students at Hue University, there were 753 students who said they participated in sports at different levels. From the results of the survey, it shows that the practice of physical exercises and training for university students is as follows:

1. Current situation of using time of day of Hue university students

Time to study and participate in activities at the School / Department: On average, over 60% of students spend 6 hours or more per day to study and participate in other activities at the school (excluding sport and physical activities), only 35.71% of students study and participate in activities at the school for less than 6 hours / day. This shows that the amount of time students study and participate in activities at the school is quite large.

The time spent for recreation of university students' day: The time of day that university students choose to participate in activities and entertainment is mostly in the afternoon-evening time (from 17:00 to 20:00), accounting for 65.76%. Next is the evening (after 20:00), accounting for 20.75%. The third most favorite time is in the morning, accounting for 7.14% and at least is noon, accounting for 6.35%.

Surveying the actual situation of recreation types of university students shows that: The practice of gymnastics has not been paid much attention by students compared to other

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entertainment activities (ranked 6th in 7 categories, following watching movies, listening to music, reading books - newspapers, playing games, accessing the Internet). This is a matter that needs to be paid attention so that physical education (P.E) in general and physical training for higher education students are more effective.

2. The reality of the frequency of training and the causes affecting the practice of extra-curricular activities of Hue University students

The level of regular training of students is prescribed as follows: Very often (weekly exercise, 01 week of 03 or more sessions); Regular (weekly exercise, 01 week training 01-02 sessions); Occasional practice (participation in training but spending little time, interrupted). Survey results show that, up to 75.63% of students "Occasionally practice" or "Never participate in training" extra-curricular gymnastics. Meanwhile, only 5.22% of students participated in extra-curricular physical training at the "Very often" level and 19.16% participated in "Regular" extra-curricular physical training.

The reasons hindering the practice of students' regular gymnastics: There are 8 causes that make it difficult for students to participate in extra-curricular physical training. In particular, the issue of "No free time", "Hot / rainy weather" and the "lack of determination" of students are the main reasons hindering university students from participating in regular practice of importing sports.

Actual situation of participating in sports of University students: There are 11 sports that students are participating in practice. In which, there are 05 subjects most practiced by students including: Football (19.05%), Badminton (17.01%), Shuttlecock (15.65%), Volleyball (12.59%) and Martial Arts (11.56%).

3. The reality of time participating in extra-curricular gymnastics on weekdays of Hue university students

Students participate in sports mostly on weekends: Sunday (54.42%) and Saturday (37.41%). The rest of the other days account for a low rate. Survey results reflect reality at Hue

University, because from Monday to Friday, students have to study according to the school's schedule, so the rate of students participating in practicing sports is not high. This is a problem that needs to be addressed to improve the number of students participating in the extra-curricular activities all days of the week, rather than just focusing on weekends.

About the time of practicing the gymnastics of the day of Hue University students: Up to 49.32% of students participate in "After-school exercises in the afternoon (from 17:00 to 19:00)", accounting for the highest percentage. Next, 30.95% of students "Practice at night (after 19:00)". The time when students participated in extra-curricular activities of the day was "Training before morning class" with a rate of 10.2%. And the two "breaktime" and "noon" only 5.44% and 4.08%, respectively, took part in the practice.

Regarding the number of gymnastics exercises for a week of Hue university students: The highest rate of students choosing to practice 02 sessions / week with 27.49%, second rank is the rate of students choosing to practice 03 sessions / week with 23.51%. The number of students who choose to practice 04 times / week has the 3rd highest rate with 15.54%.

About the average practice time of extra-curricular activities in a training session of University students: On average, 41.83% of students spend 30-60 minutes to practice 1 exercise, accounting for the highest percentage. There are 37.45% students practicing less than 30 minutes / time, accounting for the 2nd highest rate. The number of students who practice from over 60 minutes to 90 minutes / exercise has the rate of 17.1%, ranked at the 3rd position. And only 3.59% students practice more than 90 minutes / time.

4. The reality of plans and the practice of extra-curricular activities training of University students

The plan that students participate in the most practice is "Group practice, class", ranking No. 2 is the plan "Self-training", ranking No. 3 is "Training in clubs, centers" and the last is "Training by the team".

The above training plans will normally be implemented in 03 forms, including: Students practice under the guidance of trainers-coaches; Students practice by themselves and combine both forms (practice with the instructor first and then self practice).

The form of "Self-training" students accounts for the highest proportion with 51.02%, while the remaining 2 forms accounts for a much lower rate. This shows that the rate of lecturers participating in extra-curricular activities is still low, not meeting the needs of students. This is one of the main reasons that the quality of practice of extra-curricular practice of university students is still low.

About the practice place of extra-curricular activities for students: The place where students practice the most is "Park, on sidewalks, streets, vacant land" with the rate of 33.47%, followed by "Cultural yard, residence, school yard, dormitory yard" and "Centers / Clubs" with the same rate of 19.52%. The place where students participated in the 3rd was at the Department of Education and Training with the rate of 13.55%. And the percentage of students participating in the "Sports area of the school" ranks fourth with 12.75%. The results of the survey are completely consistent with the actual situation at Hue University when the land for sports and physical training is greatly reduced to build other works. As for the units that have facilities for physical training activities, most of them are rented, students who want to practice have to pay fees. Therefore, most of the students practice gymnastics in the park, vacant lot, or take advantage of the cultural house yard, school yard, dormitory yard to practice, or move to the Department of Education and Training to save money. Only a part of students with good economic conditions is participating in training centers or clubs. The main lack of facilities and yards for sport activities is one of the main reasons affecting the quality of practice extra-curricular activities of University students.

CONCLUSION

Participating in extra-curricular activities at university, students is facing many difficulties,

in particular: Time for studying and participating in other activities at students' schools is quite large, leading to students having less free time to participate in physical training and sports; Lack of trainers participating in training guides; Lack of facilities, yards, tools for sports activities; The content, organization and practice of imported sports practice have not met the needs of students; The hot and rainy weather in Hue also causes many difficulties when students participates in the extra-curricular activities. In addition, a part of students has not been properly and fully aware of the role and effects of the gymnastics training to have enough determination to overcome the difficulties to participate in extra-curricular activities regularly. Therefore, it is the duty of the public education officers in general and those in charge of physical training and sports activities at the member universities and faculties of Hue University to actively research to find practical and effective solutions. As a result, the movement of practice of physical training of university students develops in both number of trainees and the quality of practice.

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