

ASSESSING THE SITUATION OF PHYSICAL EDUCATION FOR GRADE 7 STUDENTS AT KIM DONG SECONDARY SCHOOL IN SAPA, LAO CAI

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Abstract:

Scientific research methods are commonly used in the scientific research of sports and physical education to assess the reality of teaching and learning Physical education (P.E) of Kim Dong Secondary School in Sapa, Lao Cai in terms of facilities, operating funds, teachers, curriculum and physical condition of students, which are the basis for proposing solutions to improve the effectiveness of pedagogical education for research subjects.

Keywords: Physical education, extracurricular physical training, facilities, teachers, students, curriculum, Kim Dong Secondary School, Sapa, Lao Cai ...

INTRODUCTION

There are many studies pointing out that preparing students' physical strength must combine well both the amount of exercise and the form of exercise to achieve the effectiveness of education. The physical condition of adolescents in Kim Dong commune - Sapa - Lao Cai has improved in recent years because the living conditions have been improved. However, teaching of PE in the junior high school has not been really focused, it is still neglected and lacks proper attention. The number of physical education teachers is lacking and weak, the time for children to organize sports activities is limited, the facilities to organize extra-curricular sports clubs at schools and residential area are still inadequate. Therefore, the quality of lessons is not guaranteed, their physical strength is not improved, there is no creativity and application of physical development exercises for children inside and outside the school.

In order to have an accurate and scientific basis in proposing solutions to improve the efficiency of general education in general and the physical development of students in particular, the study of the status of the school's physical education is an urgent and meaningful issue.

RESEARCH METHODS

The research process uses research methods: Methods of analyzing and synthesizing documents; Interview method; Pedagogical observation method; Pedagogical test method and Statistical math method.

The study object includes 240 students in grade 7 of Kim Dong Secondary School, Sapa, Lao Cai from 11-12 years old, of whom there were 115 males and 125 females.

Examining students' morphology and function uses the following criterias: height (cm), weight (kg) and heart function (HW).

Physical students' test uses the criteria and standards issued together with Decision No. 53/2008 / QD-BGDDT on September 18, 2008 of the Minister of Education and Training and uses 4 tests: Long jump (cm), The force of a dominant hand (kg), 30m run XFC (s) and run for 5 minutes (m).

RESULTS AND DISCUSSION

1. Assessing the reality of facilities conditions for learning of students of Kim Dong Secondary School, Sapa, Lao Cai

To assess the status of facilities for students' learning, we conducted a survey on facilities for PE in secondary schools Kim Dong - Sa Pa - Lao. Cai, the results are presented in table 1.

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Table 1. Situation of facilities for teaching Physical education at Kim Dong Secondary School, Sapa, Lao Cai

No	Infrastructure	Quantity	Quality	Meeting the training needs (%)
1	Athletics yard	1	Fair	65.00
2	Football pitches	1	Fair	35.00
3	Volleyball yard	1	Average	45.00
4	Badminton yard	4	Fair	55.00
5	High hole jump + long jump	1	Average	30.00
6	Ping-pong table	2	Fair	20.00

The results of Table 1 show that the school has paid attention to physical education, invested in education and training, including a gymnasium in breaktime, athletics yard, long jump, high jump. In addition, the investment in facilities for practicing other sports has also been included: Mini Football Stadium; Shuttlecock court; Badminton yard; Ping-pong table...

Thus, the results show that athletics yard and the holes for the physical education session in the school, for the current physical conditions schools, it is only allowed to practice some sports such as Soccer, Shuttlecock, Badminton, Table Tennis meanwhile in the Ministry of Education and Training's Physical Education Program there are many subjects need to be covered.

2. Budget for physical education

+ Funds for purchasing equipments and

tools: Taking from the fund of each school year which is limited, this funding is only sufficient to meet the minimum level for teaching. It has not improved the quality of equipment for teaching and training teams participating in district and provincial competitions.

+ Funds for movement activities: is a funding source from the literary fund, each year the school spends from 3 to 5 million VND to serve the organization of teams participating in the competition.

In general, the budget for physical education is still limited, which causes the physical movement of students to be quieted down due to lack of operational funds.

3. Assessing the reality of the contingent of teachers of PE

The survey results for teachers are presented at Table 2.

The results of Table 2 show that teachers in

Table 2. Reality of the teachers working in primary education at Kim Dong Secondary School, Sapa, Lao Cai

Object	University		College		Intermediate	
	Total	%	Total	%	Total	%
Responsibility	2	66.70	1	33.30	0	0
Concurrently	0	0	0	0	0	0

physical education at Kim Dong Secondary School, Sapa, Lao Cai basically meet the school's physical education needs. The number of teachers with university degrees accounts for 66.7%; The College of Physical Education has 1, accounting for 33.3% of 3 teachers in charge of sports.

It can be said that this is an important factor in carrying out physical education tasks at

school. However, due to the need for innovation and development, the requirement of additional staff is an urgent issue at the same time, it is also necessary to ensure the remuneration for teachers in PE.

4. Assessing the real situation of contents and curriculum of PE for students of Kim Dong Secondary School, Sa Pa, Lao Cai

Detailed allocation of contents and plans for

teaching secondary education subjects to students of Kim Dong Secondary School, Sapa, Lao Cai shows that the content of the school's curriculum of PE strictly implements the program issued by the Ministry of Education and Training for lower secondary education, basically meeting the needs of physical education for students.

The process of teaching in each grade follows the school's curriculum, plan and schedule.

5. Reality of extra-curricular physical training and sport activities for students of Kim Dong Secondary School, Sapa, Lao Cai

A detailed survey of sport activities of school students shows that:

The school has not organized regular extra-curricular sports activities for students but only

extracurricular activities in the form of a sports team when preparing to participate in the tournament.

The PE is practiced mainly spontaneously. The main training time is after afternoon classes.

Sports that students like to practice include: Football, shuttlecock, badminton, martial arts.

The percentage of students wishing to participate in extra-curricular exercises is much higher than the rate of students participating in sport activities in reality.

6. Physical state of grade 7 students, Kim Dong Secondary School, Sapa, Lao Cai

Examining morphology, body function of 240 students in grade 7, Kim Dong Secondary School, Sapa, Lao Cai. Results are presented in table 3.

Table 3. Test results of morphological and functional criteria of grade 7 students, Kim Dong Secondary School, Sapa, Lao Cai

	Age	Male (m _i =115)					Female (m _i =125)					P
		m _i	\bar{x}	δ	m \bar{x}	Cv	m _i	\bar{x}	δ	m \bar{x}	Cv	
Height (cm)	11	64	135	5	0.51	441	70	136	7.05	0.005	0.052	>0.05
	12	51	139	6.01	0.007	0.469	55	140.7	6.07	0.006	0.438	>0.05
Weight (kg)	11	64	29.2	4.66	0.4	0.159	70	29.9	4.48	0.031	0.014	>0.05
	12	51	32.3	6.16	0.657	0.19	55	32.44	0.46	0.044	0.142	>0.05
Cardiac function (HW)	11	64	12.21	1.13	0.018	0.259	70	13.21	1.45	0.17	0.34	<0.05
	12	51	11.54	1.07	0.221	0.243	55	11.25	1.29	0.125	0.158	>0.05

Table 3 shows:

+ The height of male and female students aged 11-12 years through monitoring results according to the cross-sectional method also shows that the height increase among ages is continuous, the later age is higher than the previous age. According to Nguyen Ngoc Cu, Duong Nghiep Chi (2001), this is the second unexpected growth period in the puberty period for students.

+ Weight development shows that as a rule, it is the influence of age on body weight mainly manifesting in adolescents and the elderly. The younger the age, the faster the body weight increases. Adolescent body weight increases in proportion to height.

+ Heart function index of male and female

ages 11 and 12 is not different, with $p > 0.05$. The heart function index of male is better than female, the difference is statistically significant at probability threshold $P < 0.05$.

Results of students' fitness level according to the regulations of the Ministry of Education and Training are presented in Table 4.

The results in Table 4 show that: The overall physical ranking of students of Kim Dong Secondary School, Sapa, Lao Cai currently compared to the standards of MOET is up to 31.67% of students have not reached the fitness standards, in which, the rate of students not achieving physical strength in women is 34.40% and in men is 28.70%. Reasonable solutions are needed to improve the physical strength of the school's students.



Physical education time for students of Nam Thanh Cong Primary School
(Photo: Pham Hung, <https://baomoi.com>)

Table 4. Physical level of students of Kim Dong Secondary School Sapa, Lao Cai

No	Level	Đối tượng				Total $m_i=240$	
		Male ($m_i=115$)		Female ($m_i=125$)		m_i	%
		m_i	%	m_i	%		
1	Good	15	13.04	17	13.60	32	13.33
2	Pass	67	58.26	65	52.00	132	55.00
3	Fail	33	28.70	43	34.40	76	31.67

CONCLUSION

Survey of the reality of education work at Kim Dong Secondary School, Sapa, Lao Cai shows that the subject curriculum has basically met the requirements of MOET; Infrastructure and funding for education activities are limited; a team of teachers that meet the school's physical education is relatively adequate; The movement of physical training and exercise is still spontaneous and the students' physical strength is up to 30%, which has not met the requirements of the Ministry of Education and Training.

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