

ASSESS THE ACTUAL SITUATION OF THE FACTORS AFFECTING THE MILITARY SPORTS TRAINING OF FIRST-YEAR COMBINED ARMY STUDENTS, ARMY OFFICER COLLEGE NO. 1

Nguyen Van Phuc⁽¹⁾

Do Van Son⁽²⁾

Abstract:

Assessing the actual situation of factors affecting the military sports training work of the first-year combined army students, Army Officers College No. 1 on the following aspects: Course program, training organization method, teaching staff, facilities, perceptions of cadres, lecturers and students on military sports training, the actual situation of the students' extracurricular physical training and sports, survey results on physical fitness level of K91 obstacle overcoming and 3 minutes free swimming and the actual situation of using solutions to improve the quality of military sports training for students. The results of the actual situation research are an important basis to help impact measures to improve the effectiveness of military sports training for research subjects.

Keywords: Actual situation, affect, military sports, combined army students, first year, Army Officer College No. 1.

INTRODUCTION

The Army Office College No. 1, formerly known as the Main Japan Resistance Army School, is now Tran Quoc Tuan University, which is a training center for command and general staff at section rank, college level. Students graduated from the school initially holds the position as Platoon Leader; In addition to managing and commanding the soldiers, they also perform the task of directly training the troops under their command including physical training, thus requiring them to have good physical strength. Therefore, the training of physical strength and military sports for each student in the school is very important for them to adapt and integrate into the military environment.

Military sports is a highly applicable content of military training, which requires learners not only acquire difficult techniques but also be very physically demanding in all stages of the movement. According to the evaluation of the teachers who teach directly, the quality of military sports training for first-year combined army students at the Army Office College No. 1

was not really good. In order to have a basis for the impacting solutions to improve the quality of military sports training for research subjects, we conduct an assessment of the actual situation of the factors affecting the quality of military sports training for first-year combined army students at the Army Officer College No. 1.

RESEARCH METHODS

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

The interview was conducted on 60 cadres and lecturers of the Army Officer College No. 1, of which: Lecturers of Sports Department (39 comrades), managing staff (21 comrades) and 300 students representing for the first-year combined army students of the 5th and 9th battalions (Course 85) at the Army Officer College No. 1.

Survey on study results: 1016 students of the K85 Combined Army, the Army Officer College No. 1.

(1) Associate.Prof.PhD, Bac Ninh Sports University

(2) Master, Army Officer College No. 1

RESULTS AND DISCUSSION

1. Actual situation of the program content and organization of military Sports training for first-year combined army students of the Army Officer College No. 1

1.1. Actual situation of program content

The content of the physical training program for first-year combined army students of the Army Officer College No. 1 are determined based on the regulated program framework of the Department of Schools of the General Staff. Annually, based on the training targets, training subjects and training programs, the school principal is entitled to self-adjust 15% of the content of the subject's program to suit the actual situation of the school's tasks.

The physical fitness training program contents in 3 subjects of Mass Sports, Military Sports and Martial Arts are generally called the Physical Education program. The total amount of time for the Physical Education program is 134 lessons. Of which: 50 periods of Mass Sports subject, 46 periods of Martial Arts, 38 periods of Military Sports.

Detailed analysis shows: The total training time of the main Physical Education program for first-year combined army students still have few lessons (134 periods) compared with the regulations of the Ministry of Education and Training (150 periods). Therefore, the physical development for students has not been fully exploited and promoted.

1.2. The actual situation of training organization

Organizing the training of Military Sports for first year combined army students is conducted in two basic forms, namely: Curricular and extra-curricular training.

Curricular training: It is the training sessions according to the program, the plan which has been built by week, month and quarter. The curricular training time is to teach, to equip with the technical contents specified in the Ministry's curriculum. However, during the training process, the training plan was not stable or had to be adjusted due to the unexpected tasks assigned by the Ministry of Defense; inadequate training organization (for example, the training

organization part of a technique introduction is usually finishing the introduction of the contents before warming-up and practicing); in terms of the training methods, it is only at the level of imparting technical movements, maintaining time and discipline mainly; no special training methods for each physical characteristic, assignments content is still poor.

Extracurricular training: Including morning physical training, afternoon sports (ninth hour, club time) and holidays to strengthen and improve the main exercises. However, the form of organization is still individually spontaneous, and the activities are mainly focused on the ball sports which are mainly for fun, so the completion of techniques in Military sports subjects studied during curricular hours will not be highly effective. There is no plan to organize training guidelines focusing on the main tasks and at the same time, it has not launched the self-training movement of students. There is not much training time so the physical fitness quality of students has not been raised; There has not been any club activity for students yet. These things have greatly affected the comprehensive physical development of students.

From that, it shows that, at the same time, looking for the content and organization of training methods to improve the physical fitness of students requires specific measures to enhance extracurricular activities. In this way, we can take advantage of the time to contribute to the improvement of the quality of Military Sports training for first-year combined army students of the Army Officer College No. 1

2. Actual situation of the teaching staff of the Sports Department at the Army Officer College No. 1

Statistics on the situation of the teaching staff of the Sports Department at the Army Officer College No. 1 through analysis of faculty records and direct interviews with the College's Sports Department members. The results are presented in Table.

Table 1 shows :

About quantity: The Sports Department guarantees teaching staff to train both military

Table 1. Actual situation of the teaching staff of the Sports Department at the Army Officer College No. 1

| Year | Total number of lecturers | Level (degree) | | | | Responsible | Age | | | |
|------|---------------------------|----------------|----------|----------|----------|-------------|------|------|------|------|
| | | Master | | Bachelor | | | > 50 | > 40 | > 30 | > 20 |
| | | Sports | Military | Sports | Military | | | | | |
| 2018 | 39 | 11 | 6 | 14 | 8 | 36 | 3 | 9 | 17 | 10 |

and sports. This is a great advantage in the process of military sports training for students.

About age: The teaching staff of the Sports Department ensuring the number of lecturers has high seniority, rich work experience and even the young teachers have the ability to learn advanced professional qualifications as well as exploring new knowledge applied in the teaching process.

The number of lecturers who directly teach compared to the number of students being trained in the school is not sufficient; qualifications of lecturers are not equal; The ability to do scientific research is still limited.

3. Actual situation of facilities, equipment serving the physical training of the Army Officer College No. 1

Research results on the actual situation of the

facilities, equipment serving the physical training of the Army Officer College No. 1 shows: The quality of the facility systems only stop at the average level and fair level. The exploitation of equipment, tools and yards has not been very effective, so the problem of improving the physical fitness of students has not been fully promoted.

4. Actual situation of the perception of the managers, lecturers and students on Military Sports training

In order to have objective and accurate grounds for improving the quality of military sports training for first-year combined army students at the Army Officer College No. 1, we use two main methods: Observation method and interview method. The interview results are shown in detail in Table 2.

Table 2. Interview results on the perception of managers, lecturers and students on the training of Military Sports

| No. | Interview subjects | Result | | | | | | | |
|-----|-------------------------|----------------|---------|-----------|-------|--------|---------|---------------|---------|
| | | Very important | Ratio % | Important | Ratio | Normal | Ratio % | Not important | Ratio % |
| 1 | Lecturers (n=39) | 28 | 71.79 | 11 | 28.21 | 0 | 0 | 0 | 0 |
| 2 | Managing staff (n = 21) | 14 | 66.67 | 7 | 33.33 | 0 | 0 | 0 | 0 |
| 3 | Students (n=300) | 198 | 66.00 | 53 | 17.67 | 41 | 13.67 | 8 | 2.67 |

Interview results in Table 2 show that: There is a part of the students (49 students accounting for 16.34%) who have incorrect perception, and said that: Military Sports training has normal or unimportant role and meaning. Since then, it is shown that the process of military sports training team should pay attention to combining propaganda about the benefits and effects of sports, thereby helping students to be properly aware of the role and meaning of physical training activity; helping the combined army students have the motive for a positive attitude

in the training of military sports to improve their health and develop their physical characteristics to meet the tasks assigned by the school.

5. Actual situation of extra-curricular sports training of the first-year combined army students at the Army Officer College No. 1

To understand the situation of extra-curricular physical training and sports activities of students in the school, the topic was conducted through interview. Subjects interviewed are lecturers, managing staff and



physical training at the Army Officers' School 1 (Image source: <https://baomoi.com>)

first-year combined army students. The results showed that: According to most of the opinions of lecturers and officers who are directly managing them, the quality of the physical self-training movement and extra-curricular physical training activities were moderate and weak at 62.50% and 7.14 %. In addition, 98.21% of opinions said that it is very necessary to strengthen the physical training activities for combined army students in the current period. Besides, there are 54.50% of students regularly participating in extracurricular physical training; the rest is the number of students who participate occasionally and do not participate in extra-curricular physical training and sports activities accounting for 28.50% and 14.50%.

Through the above situation, strengthening the extra-curricular physical training activities with the guidance of lecturers is very necessary in the current period, at the same time, through extra-curricular activities contribute to improving the quality of physical training in general and Military Sports training in particular.

6. Actual situation of physical fitness level and results of Military Sports subject of first-year combined army students of the Army Officer College No. 1

The survey results on the physical fitness level of first-year combined army students at the Army Officer College No. 1 (Course 85 of 2018) according to the army's "Standards of physical training". The results showed that: The percentage of good students accounted for 5.91%, fair accounted for 29.92% and pass accounted for 64.17%. Thus, the physical fitness level of first-year combined army students (Course 85) only stops at the level of meeting the requirements, the rate of fair and good students is still low compared to the regulated standards of physical training of the Military in 2009: The units that achieve the good level must have at least 95% of the tested number meet the requirements or higher, of which at least 50% achieve good grade.

Among the 5 tests based on the physical training standards of the Infantry army and the Ground Force of the Military above, there are survey results of two contents of the Military Sports subject which are K91 obstacle overcoming and the 3-minute free swimming contents (3-minute free swimming will dominate for equipped and armed swimming in the military sport training program). The research topic will separate the results of the K91 obstacle overcoming and the 3-minute free swimming as

Table 3. Survey results of the K91 obstacle overcoming and 3-minute free swimming subjects of first-year combined army students according to the physical training standards of the military (n=508)

| No. | Content | Result | | | | | | | | Overall rating |
|-----|-------------------------|--------|------|-------|-------|-------|-------|-------|---|----------------|
| | | Good | | Fair | | Pass | | Fail | | |
| | | m_i | % | m_i | % | m_i | % | m_i | % | |
| 1 | K91 obstacle overcoming | 28 | 5.51 | 155 | 30.51 | 325 | 63.98 | 0 | 0 | Pass |
| 2 | 3-minute free swimming | 31 | 6.10 | 161 | 31.69 | 316 | 62.20 | 0 | 0 | Pass |

a basis to reflect a part of the actual situation of the quality of Military Sports subject of first-year combined army students. The results of the K91 obstacle overcoming and 3-minute free swimming are presented in Table 3.

The results of the K91 obstacle overcoming and 3-minute free swimming contents of the first-year combined army students show that: The rate of good students accounted for 5.51% and 6.10%; fair students accounted for 30.51% and 31.69%, passed students accounted for 63.98% and 62.20%. Thereby, it is found that: The results of the two contents are just at the level of meeting the requirements, the rate of good and fair performances is still low compared to the standards of physical fitness of the military.

CONCLUSION

1. The time for curricular training is limited, the content is still spread out. Extra-curricular physical training lacks planning and the effectiveness is not high; The use of facilities and equipment in the school has not yet been fully exploited.

2. The results of the physical fitness survey of the first-year combined army students according to the standards of physical training only reached fair level, the ratio of good and fair performances is still low compared to the standards of physical training regulated by the Ministry.

3. A small number of students are not fully aware of the importance of military sports training (16.34%). At times, there is still no creativity and initiative in the process of physical training.

4. The form of sports club for students has

not developed; no adequate treatment policies for cadres, lecturers and students with achievements in the movement of physical training and sports activities.

REFERENCES

1. Ministry of Defense (2003), *Directive 33/CT-BQP of June 3, 2003 on the tasks of military physical training and sports until 2010*, Hanoi.
2. Ministry of Defense - Ministry of Culture, Sports and Tourism (2009), *Joint Circular No. 32/2009/TTLT-BQP-BVHTTDL dated June 22, 2009 on promulgating standards for physical training in the military*, Hanoi.
3. General Staff - Agency of the Ministry of Defense (1998), *Organization and methods of physical training*, People's Army Publishing House, Hanoi.
4. General Staff - Agency of the Ministry of Defense (1998), *Morning training and afternoon sports*, People's Army Publishing House, Hanoi.
5. General Staff - Agency of the Ministry of Defense (2009), *Rules for checking and training physical fitness in the Military*, People's Army Publishing House, Hanoi.

(Received 16/9/2019, Reviewed 20/9/2019

Accepted 25/11/2019

Main responsible: Nguyen Van Phuc

Email: nguyenvanphuchn@gmail.com)