

ACTUAL SITUATION OF THE PHYSICAL EDUCATION WORK OF THE UNIVERSITY OF LABOUR AND SOCIAL AFFAIRS

Pham Anh Tuan⁽¹⁾; Ngo Thi Thu⁽²⁾
Nguyen Dinh Chung⁽³⁾; Bui Doan Thao⁽⁴⁾

Abstract:

Assess the status of physical education work for students of the University of Labour and Social Affairs on the following aspects: The actual situation of influencing factors, the actual situation of students' physical fitness and the actual situation of extracurricular physical training activities. The results show that: The curriculum is properly allocated at the request of the Ministry of Education and Training, however, facilities and teaching staff are still lacking in both quantity and quality. 30% of students in the survey subjects did not meet the physical fitness standards regulated by the Ministry of Education and Training, and at the same time, the development of extracurricular physical training movement for the students had not been given adequate attention and has not yet been highly effective.

Keywords: Actual situation, Physical education, students, physical education program, lecturers, extracurricular physical training and sports, University of Labour and Social Affairs ...

INTRODUCTION

The impact of physical education (PE) in schools on the development of students' physical competencies is: Promoting comprehensive physical development; Eliminate or reduce the age stagnation in the development of physical qualities, rectify and overcome the errors brought about by the influence of the living and learning process. In recent years, with the attention of the Party Committee, the Board of Directors of the University of Labour and Social Affairs, the work of physical education for students of the University has been given deserved attention. However, in reality, according to the evaluation of the teachers, the effectiveness of the physical education work in the school has not developed in accordance with available potentials.

In order to have a scientific basis to have measures and solutions to improve the effectiveness of the physical education work for students of the University of Labour and Social

Affairs, the assessment of the actual situation of the physical education work is a necessary and meaningful issue.

RESEARCH METHODS

The research process used the following research methods: Method of analysis and synthesis of reference materials, Pedagogical observation method, Pedagogical examination method, Interview method, pedagogical experiment method and Statistical mathematics method.

RESULTS AND DISCUSSION

1. Actual situation of factors affecting the physical education work at the University of Labour and Social Affairs

1.1. Actual situation of facilities serving the physical education work

The actual situation of the school's facilities has a great influence on the quality of the curricular and extracurricular physical education work in schools at all levels. The statistical results at the University of Labour and

(1) PhD, Hanoi University of Physical Education and Sports; (2) Master, Hanoi University of Physical Education and Sports
(3) PhD, Bac Ninh Sports University; (4) Master, University of Labour and Social Affairs

Social Affairs show that: Although the school administration is interested in investing, the actual situation of facilities for sports activities of the school has many limitations. The practice ground area is not guaranteed, the types of practice grounds are still too few and account for a low rate compared to the number of students of the whole school, while the demand of students participating in sports and extra-curricular activities is increasing.

Thus, the facilities for curricular and extra-curricular physical training and sports of the University of Labour and Social Affairs are still lacking in both quantity and quality compared to the requirements of renewing teaching, learning methods and extra-curricular physical training and sports practicing.

1.2. The actual situation of the curriculum in the University of Labour and Social Affairs

Statistical results on the actual curriculum of the physical education program of students at the University of Labour and Social Affairs showed that: The curriculum of physical education subject for students at the University of Labour and Social Affairs consists of 150 periods divided into 5 modules, corresponding to 5 semesters (including the first and second academic years and Semester I of the 3rd academic year) with a total of 25 hours of theoretical lessons and 125 hours of practical lessons.

The curriculum is properly allocated at the

request of the Ministry of Education and Training.

1.3. Actual situation of the teaching staff of Physical Education at the University of Labour and Social Affairs

Statistical results on the actual situation of the teaching staff participating in the Physical Education work of the University of Labour and Social Affairs for the academic year 2016-2017 show that: The number of teachers participating in the physical education work is insufficient in number, however, the teachers have rich teaching experience and at the same time invest in actively improving their qualifications, therefore have overcome some difficulties in the teaching work.

2. Actual situation of the physical fitness of students at the University of Labour and Social Affairs

To assess the actual situation of the physical fitness of students at the University of Labour and Social Affairs, the topic conducted tests on 352 students based on 06 contents: Forehand squeeze force, Crunches, Standing long jump, 30m standing start running, 4 x 10m diamond-shaped running, 5-minute free running, implemented in accordance with Decision No. 53/2008 / QD-BGDĐT, September 18, 2008 of the Ministry of Education and Training. The results are presented in Table 1.

Table 1 shows that: 70-80% of students from the University of Labour and Social Affairs

Table 1. Physical fitness tests results of students at the University of Labour and Social Affairs (n=352)

Standard / Subject		Test content					
		Forehand squeeze force (kg)	Crunches (times/30 seconds)	Standing long jump (cm)	30m standing start running (seconds)	4 x 10m diamond-shaped running (seconds)	5-minute free running (m)
Good	Number	120	108	118	85	57	52
	%	34.09	30.68	33.52	24.15	16.19	14.77
Pass	Number	168	187	171	189	198	197
	%	47.73	53.13	48.58	53.69	56.25	55.97
Fail	Number	64	57	63	78	97	103
	%	18.18	16.19	17.9	22.16	27.56	29.26

among the surveyed subjects have achieved good and pass results in physical education when assessed according to the Ministry's standards of physical education and training. Students achieve the highest level in the tests of speed and strength, in tests of endurance and movement coordination, the rate is only more than 50% and in the good level, the rate is only about 15%. There are still 20-30% of students who have not yet met the regulated physical training standards, and this rate is highest in the endurance test, then the ability to coordinate movement. This is a very high rate and needs to be improved.

3. Actual situation of organizing extracurricular physical education and sports activities at the University of Labour and Social Affairs

Through pedagogical observation and direct interviews with the physical education lecturers at the University of Labour and Social Affairs it shows that the organization of extracurricular physical education and sports activities at the University still has some following issues:

- The school has not regularly organized extracurricular physical education and sports activities for students but only organized sports teams before sports competitions.

- The sports organized in the form of teams also do not meet the needs of extra-curricular sports training of the University's students.

- The University's students participate in extra-curricular physical education and sports mainly in spontaneous form, with no instructors and practice in small groups, unorganized and the effectiveness of the training is not high.

- The school does not have appropriate policies to support the development of extracurricular physical education and sports for students, nor has there been specific studies investigating the needs of students to practice sports and extracurricular sports to have suitable measures and solutions.

CONCLUSION

1. Analysis of factors affecting the physical education work for students at the University of Labour and Social Affairs shows that: The curriculum is properly allocated according to the

requirements of the Ministry of Education and Training, however, physical education and sports teaching staff is still lacking in both quantity and quality.

2. Up to 20-30% of students among the survey subjects do not meet the physical fitness standards regulated by the Ministry of Education and Training.

3. The development of extracurricular physical education and sports movement for students has not been paid adequate attention and has not been highly effective.

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Main responsible: Pham Anh Tuan

Email: phamanhtuandk@yahoo.com.vn)