

THE FACTORS THAT AFFECTS THE PHYSICAL TRAINING AND SPORT MOVEMENT IN DONG ANH DISTRICT, HANOI

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Abstract:

Through research methods: document reference, interviewing method and statistical math, the author assessed the current situation of Physical Training and Sport (PTS) movement in Dong Anh district - Hanoi. The results show that,

Keywords: Physical Training and Sport movement, targets of Physical Training and Sport development, competition achievement, Dong Anh district, Hanoi city ...

INTRODUCTION

Over the past years, the PTS movement of Dong Anh district - Hanoi has achieved some remarkable achievements. However, it does not commensurate with the conditions and capabilities because of many reasons such as: people's awareness about the effect of PTS, the team's achievements when participating in the City tournament, lack of measures, reasonable organization and lack of instructors. In addition, currently, in particular, most of its inherent functions have not been fully realized.

Evaluating the current situation of the factors affecting the PTS activities of Dong Anh district - Hanoi City is the initial and important basis to help improve the effectiveness of PTS activities in Dong Anh district - Hanoi. However, practically, this issue does not get enough attention.

RESEARCH METHODS

The thesis research process uses the following methods: Document reference method, interview method and statistical math method.

RESULTS AND DISCUSSION

1. Situation of PTS development targets of Dong Anh district, Hanoi

In order to evaluate the current situation of some PTS development targets of Dong Anh district, the topic uses the method of

synthesizing and analyzing documents with statistics stored by the Dong Anh Sports Center from 2016-2018. Statistical results are presented in Table 1.

Through Table 1, we can see that the basic targets of Mass Physical Training and Sport (MPTS) are often considered to be highly legal, such as the criteria of number of regular-training people, sport families, number of sport clubs, number of schools having extracurricular activities and expenditure for sports activities. However, due to the geographical characteristics of each locality, some targets of MPTS will be locally-specific. For example, when it comes to Dong Anh - a district in the former district of Kinh Bac, it is necessary to mention the number of annually-held festivals and the number of ethnic sports maintained.

- Firstly, it is the high-legal targets and planned targets, which is the people who exercise regularly. In Dong Anh, this target has increased gradually from 2016 to 2018. The annual growth rate is from 6.38 to 7.09%. It can be said that the rate of Dong Anh is higher than general rate of the whole Hanoi city.

- Dong Anh sport family and sport clubs also tend to increase every year. But the sport club growth rate in following year is higher than previous year's one with an annual growth rate of about 15%. The sport family tends to increase slightly (only about 6%).

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Table 1. Situation of some Mass Physical Training and Sport (MPTS) development targets in Dong Anh

	Year Target	2016		2017			2018		
		Quantity	%	Quantity	%	W%	Quantity	%	W%
1	People do PTS activity regularly	139.46	35.90	141.79	36,8	6.38	142.52	37	7.09
2	PTS family	33.77	33.00	34.32	33.6	6.02	35.18	34.2	6.06
3	PTS clubs (public-establishment)	207		211		17.74	215		16.22
4	Specialized teacher	66		70		6.78	84		17.91
5	Number of school having extracurricular activity		100		100			100	
6	Number of school having enough teacher		78.00		95.6	20.28		100	4.5
7	Number of ethnic sports collected and preserved	3		3		0	3		0
8	Number of sport festivals hold	10		13			15		14.29
9	Expenditure for PTS (Million)	927.1		965.7		4.08	1062.3		9.52
10	District PTS officials	8		8		13.33	9		11.76

- The next index is the number of schools having extracurricular activity, the number of full-time PE teachers and the number of schools having enough teachers. This is targets of school physical education - a part of the MPTS in Dong Anh. According to Table 1, these two targets need to be understood as: The growth in the number of schools having extracurricular reaches the maximum threshold (100%), there is no school without extracurricular. However, there is no mention of the regularity or stability, or the effectiveness of extracurricular activities. Due to the demand for school development in Dong Anh, the number of full-time physical PE teachers is increasing annually, particularly in 2017 increased by 6.78% compared to 2016 and in 2018 increased by 17.91% compared to 2017. And the number of schools having enough PE teacher also tend to increase gradually from 2016 and reach 100% in 2018. This can be said to be encouraging results.

- The number of ethnic sports and festivals of Dong Anh must be considered a locally-

specific targets. For many years, the number of ethnic sports in Dong Anh can be said to be saturated, there is no more sport, apart from the three sports which have been exploited and developed. The number of sport festivals of Dong Anh has increased annually from 2016 to 2018, the number of festivals held is 10,13,15.

- Expenditure for PTS is a basic target for physical training development, which has been paid attention and invested nearly VND 1 billion a year by the District Party Committee and Dong Anh People's Committee, but that has not met the development demand of PTS in the locality.

- PTS officials at the Dong Anh Department of Culture and Sports can also be said as one of the criteria contributing to the development of the district's PTS movement. However, from 2016-2018, the number of district PTS officials is still insufficient and weak. Out of the total 8 cadres listed in 2016, there are only 06 permanent staff and 02 part-time officials. About the professional qualifications of the

district PTS officials, there is only 01 official (currently the Deputy Director of the Center) having post-graduate professional education. This is a very necessary need in the coming time, requiring the People's Committee and the PTS Center to formulate a plan to supplement the officials and cadres, and improve the professional qualifications.

In summary: All basic targets of PTS in Dong Anh have been maintained and developed. The administrators necessarily select appropriate solutions to develop the MPTS in Dong Anh

2. Situation of PTS competition achievements in Dong Anh

In district-level competitions, the Dong Anh team is always considered a strong team and won many high prizes. Participating in the Vietnam Fell Running Tournament 2016-2017, Dong Anh is always in the top 10 strongest teams. In 2018, the whole district had 24/24 communes and wards that well-organized the commune-level PTS congress and participated

in the city PTS congress. The number of Dong Anh district's athletes participating in competitions at the city level increased. For many years, the district has always had athletes training in provincial and national teams.

In order to maintain the competition achievements, the district's sports and physical movement not only requires the training of the trainees but first of all the local Party Committees and local government's responsibilities. The administrators must get the right understanding and orientation of the comprehensive human development. From that awareness, we can solve specific issues such as facility investment, officials' qualification and instructors as a foundation for the movement development.

Basing on the results of the sport achievement achieved in 2018 in order to evaluate the status of the PTS movement of Dong Anh district, we have the following table:

Table 2. The situation of sport achievement in Dong Anh

TT	Tournament	Medals		2018					
		Quantity	%	Gold	%	Silver	%	Bronze	%
1	Commune-level PTS Congress	24/24							
2	Hanoi PTS Congress	133	100	28	21.05	41	30.82	64	48.12

Table 3. Evaluate the development of PTS achievements in Dong Anh district - Hanoi in 2018

Sport	Medals		Gold		Silver		Bronze	
	Quantity	% rate						
Vovinam	3	10.70	3	7.30	0	0.00		
Athletics	1	3.50	6	14.60	10	15.60		
Shuttlecock kicking	5	17.80	2	4.90	7	10.90		
Karate	2	7.20	1	2.40	6	9.40		
Aerobic	0	0.00	1	2.40	1	1.60		
Swimming	0	0.00	0	0.00	0	0.00		
Badminton	3	10.70	4	9.80	4	6.30		
Pencak silat	1	3.50	4	9.80	3	4.70		
Table tennis	0	0.00	0	0.00	1	1.60		
Taekwondo	11	39.20	14	34.20	22	34.40		
Tug of war	1	3.50	1	2.40	0	0.00		
Traditional martial of art	1	3.50	1	2.40	5	7.80		
Traditional Wrestling	0	0.00	4	9.80	5	7.80		
% rate	28	100.00	41	100.00	64	100.00		

ARTICLES

Through Table 3, it can be seen that competition achievement in 2018 sports tournaments including 28 gold medals, 41 silver medals, 64 bronze medals. The most gold-medal-winning sports include: Vovinam, Athletics, Shuttlecock, Karate, Badminton, Taekwondo, Pencaksilat, Tug of War, Traditional Martial Arts. Silver medals are achieved in almost all sports except table tennis and swimming. Athletics and Taekwondo are the sports that won the most medal – 20 medals. Bronze medals have not reached required achievement including Tug of War, Swimming and Vovinam.

- From 2016-2018, the district is a city's advanced unit in terms of PTS.

- In 2018, the district is a city's excellent unit and the district was awarded by the General Department of Physical Training and Sport and the People's Committee of Dong Anh District.

However, besides the achievements of many sports, some competitive sport achievement is still low, such as tennis, football, volleyball, which have not achieved the district's goals. Therefore, the Party Committees and the authorities need more reasonable measures to foster training including coaches and athletes in order to improve the overall performance of the district.

CONCLUSION

The basic targets of the Mass Physical Training and Sport in Dong Anh have been maintained and developed, invested, but it is necessary to synchronize strengths, exploit strengths in Dong Anh, exploit problems. There are strategic directions, experiences and theories on PTS management to develop MPTS in Dong Anh. That is, we must choose an effective, practical and theoretical solution to develop mass sports in Dong Anh.

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