

# ACTUAL SITUATION OF THE WORK OF TEACHING PHYSICAL EDUCATION FOR FIRST-YEAR STUDENTS OF VIETNAM ACADEMY OF TRADITIONAL MEDICINE

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## Abstract:

Using regular scientific research methods to assess the status of the work of teaching physical education for first-year students of the Vietnam Academy of Traditional Medicine on the following aspects: The status of the subject program, facilities, the teachers team, the status of organizing the teaching and educating activities, the status of the physical fitness level of students. The results show that: The physical education teaching work at the university has not developed in accordance with the available potentials and needs to have positive and effective measures to improve the effectiveness of the work of teaching physical education for first-year students of Vietnam Academy of Traditional Medicine.

**Keywords:** Physical education, first-year, Vietnam Academy of Traditional Medicine, students' physical fitness, physical education teaching facilities, physical education teachers...

## INTRODUCTION

The Vietnam Academy of Traditional Medicine is a training institution that has many fields but mainly Medicine. With the characteristic of students, they often have to study in the workshop and practice. Therefore it requires students to be in good health. However, the school's physical education and sports training activities are still facing many difficulties and shortages due to the increasing training scales and types of the University. The number of students is increasing but the facilities are not enough.

In order to have a basis for impacting physical fitness enhancement solutions for first-year students of Vietnam Academy of Traditional Medicine, it is necessary and urgent to assess the status of the work of teaching physical education for students.

## RESEARCH METHODS

The research process uses the following research methods: Methods of document synthesis and analysis; Interview method; Pedagogical observation method; Pedagogical examination method and Statistical mathematics method.

The survey was conducted on 800 first-year students of the Vietnam Academy of Traditional

Medicine, including 560 male and 240 female.

Survey time: Second semester of academic year 2018-2019.

## RESULTS AND DISCUSSION

### 1. Actual situation of the physical education program for first-year students of Vietnam Academy of Traditional Medicine

Survey on the actual situation of the physical education program for first-year students of Vietnam Academy of Traditional Medicine shows that: According to the regulations of the Ministry of Education and Training, based on the actual conditions of the school, the physical education program for first-year students are arranged in 2 parts and correspond to the semesters: Semester 1: Corresponding to Module 1 (short distance running); Semester 2: Corresponding to Module 2 (elective subjects). Detailed program distribution is shown in Table 1.

Table 1 shows that the physical education curriculum for the research subjects currently being implemented is guaranteed to be in accordance with the regulations of the Ministry of Education and Training on the curriculum of Physical Education subject for non-professional Universities and Colleges.

### 2. Actual situation of facilities serving the work of teaching physical education at the Vietnam Academy of Traditional Medicine

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**Table 1. Physical Education program of Vietnam Academy of Traditional Medicine**

Teaching content	Semester		
	I	II	III
<b>A. Curricular</b>			
Introductory theories	2	2	
Short distance running technique (100 <sup>m</sup> )	4		
Elective subject		4	4
<b>II. Practical techniques teaching part</b>			
Short distance running	22		
Elective subjects (badminton, soccer, basketball...)		22	24
Final exam	2	2	2
<b>B. Extra-curricular</b>			
Students self-practice the contents of the curriculum			
Join teams organized by the school, departments			

The results of the actual situation of facilities for physical education of the Vietnam Academy of Traditional Medicine are presented in Table 2.

Table 2 shows that: Although the types of courts and yards are of medium and good qualities, the facilities for the physical education work of the university only meet the low satisfactory level when compared with the number of students of the whole Academy. It is necessary to have solutions to improve the efficiency of using facilities as well as strengthening facilities for physical education in the academy.

**3. Actual situation of teaching staff at the Vietnam Academy of Traditional Medicine**

The school currently has 377 officials and employees, including 280 lecturers, 95% have Master's degree or higher, of which 19.6% have a PhD degree. Faculty members of the school actively research science, constantly improve professional qualifications, attend lectures at all

**Table 2. Actual situation of facilities for physical education at Vietnam Academy of Traditional Medicine**

No.	Courts, yards, equipment	Teaching area	Dorm	Quality	Satisfactory
1	Badminton court	3	2	Average	Low
2	Athletics field	1	0	Average	Low
3	Basketball court	1	0	Good	Low
4	Volleyball court	2	0	Good	Low
5	Soccer field	1	0	Good	Low
6	General yard (concrete)	1	0	Average	Low
8	Gymnastics practice area	1	1	Average	Low

levels to achieve high results. Up to now, the school has 37 teachers who are recognized as good teachers nationwide, 105 teachers are recognized as good teachers at the branch level; 15 teachers awarded the title of Excellent Teacher by the State; 15 teachers were awarded the First, Second and Third Degree Labor Medals by the State.

The school currently has 15 lecturers in national defense and security education, ensuring the quantity and quality of teaching. The teaching staff participating in teaching Physical Education of the Vietnam Academy of Traditional Medicine is quite suitable with the training scale as well as the actual conditions of the academy today.

**4. Actual situation of organizing physical education activities at Vietnam Academy of Traditional Medicine**

The Department conducts the organization of teaching education for students in two forms of curricular and extra-curricular.

- Curricular: is the study and practice sessions according to the school's schedule, with specific evaluation, tests and grading.

In-school hours have conducted teaching techniques of sports in the curriculum. The teaching process has not improved the methods of organizing training, has not changed a lot of contents, has not have vivid exercises, has not instructed and organized for students to

## ARTICLES

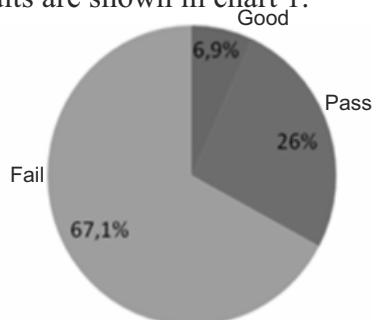
practice in accordance with the standards of physical fitness training.

- Extra-curricular: There are no forms of guidance to organize students to train in order to complete the main learning content. The movement of self-training of students has not been launched according to the physical training contents and standards. So the quality of technical examination and physical training of students has not been raised. Activities of building sports clubs have not been taken seriously yet, there are no instructors in the training process.

To summarize: The implementation of the physical education subject program has not been thorough, the content of the methods of organizing the educational process has not met the tasks and needs of the work of teaching physical education in the school. It just stopped at equipping students with the basic skills of some sports, not yet providing students with the full knowledge and scientific basis of physical education for students to have the knowledge to use physical development exercises which are a mean to train general physical development and improve health.

### 5. Actual situation of physical fitness level of first-year students at Vietnam Academy of Traditional Medicine

We used 04 tests to test the physical fitness of the students according to Decision No. 53/2008 / QD-BGD & DT dated September 18, 2008 of the Ministry of Education and Training. The results are shown in chart 1.



**Chart 1. Actual situation of physical fitness level of first year students at Vietnam Academy of Traditional Medicine**

Through chart 1 it shows that: Up to 67.1% of first-year students at the Vietnam Academy of Traditional Medicine have results of physical

fitness classification at the level of failed to meet the requirements of the Ministry of Education and Training. The percentage of students graded as having good physical fitness is only approximately 7%. Therefore, it is necessary to have suitable solutions to develop the physical fitness for the first year students at the academy.

### CONCLUSION

The analysis of the actual situation of the work of teaching physical education for first-year students at the Vietnam Academy of Traditional Medicine shows that:

1. The physical education subject curriculum for the research subjects currently being implemented ensures the regulations of the Ministry of Education and Training on the curriculum of physical education subject for non-professional Universities and Colleges.

2. The physical education facilities are insufficient in both quantity and satisfactory level which is low.

3. The teaching staff is sufficient in both quantity and quality.

4. The implementation of the curriculum of the physical education subject has not been thorough, the content of the methods of organizing the educational process has not met the tasks and needs of the work of teaching physical education in the school.

5. The physical fitness level of the students is nearly 70% which does not meet the requirements of the Ministry of Education and Training.

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