

# CURRENT SITUATION OF FACTORS AFFECTING PHYSICAL FITNESS DEVELOPMENT OF FEMALE STUDENTS AT THAI NGUYEN MEDICAL COLLEGE

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## Abstract:

The study has used scientific research methods of sports to assess the current situation of factors affecting physical fitness development of female students at Thai Nguyen Medical College, as a basis for proposing the application of physical exercises in physical fitness development for the students.

**Keywords:** Influence factors, physical fitness, physical fitness development, students, Thai Nguyen Medical College, etc.

## INTRODUCTION

Thai Nguyen Medical College has specific characteristics of training nursing staff in the health sector to care and restore the health of patients. Students of the college must undergo a theoretical curriculum in the lecture hall and practice and regularly study clinics as well as are on night duty at the hospital, so the physical fitness of students is an issue particularly interested by the college leaders. The subject of Education and Training is compulsory in the college's training program according to the regulations by the Ministry of Education and Training and the Ministry of Labor, War Invalids and Social Affairs. This subject equips knowledge and skills for college students, at the same time strengthens students' physical fitness contributing to improving the general training quality of the College. However, besides the achieved results of the subject, many students, especially female students, have not yet met the physical fitness standards prescribed by the Ministry of Education and Training.

In order to have a basis for influencing the solutions to the physical fitness development for students, assessing the reality of the factors

affecting physical fitness development for students are necessary matter and have high practical significance.

## RESEARCH METHODS

During the research process, we have used the following research methods: Analysis and synthesis of documents; Interview; Pedagogical observation and Statistical mathematics

We have carried out survey on 889 female students at Thai Nguyen Medical College.

## RESULTS AND DISCUSSION

### 1. Actual situation of regular Physical Education curriculum for Thai Nguyen Medical College students

Through program analysis and direct interviews with teachers, the study has conducted a research on the current situation of the regular Physical Education curriculum for students of Thai Nguyen Medical College. The results show that the structure of the curriculum includes the general Physical Education program and the elective sports program with a total of 30 hours. This ensures compliance with the regulations on the Physical Education curriculum according to Circular No. 12/2018/TT-BLĐT BXH. Regarding the basic

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Physical Education program, students are equipped with two subjects, including Basic Physical Education and Basic Athletics with a total of 14 hours. In the elective sports, there are 7 thematic subjects for 7 sports (Swimming, Badminton, Volleyball, Basketball, Football, Table Tennis and Aerobic). These are the mass and interested sports, which are easy to organise. Looking at the overall program, we see a reasonable structure as the requirement and goals of the program, but if only regular

study and the number of such students will affect the physical fitness of students. Therefore, it is necessary to have extra-curricular activities for students.

**2. Actual situation of Physical Education teachers at Thai Nguyen Medical College**

We have conducted a research on the status of the teachers of Physical Education subject at Thai Nguyen Medical College. The results are presented in Table 1.

The table 1 shows that: The total number of

**Table 1. Actual situation of Physical Education teachers at Thai Nguyen Medical College**

Stage	Number of teachers	Sex		Working seniority		Qualification				Age			
				Over 10 years	Under 10 years	Doctor	Master	Graduate	Associate	Over 50	40 to 50	Under 40	
		Male	Female										
2010-2015	$m_i$	2	1	1	1	1	0	0	2	0	0	0	2
	%	100	50.00	50.00	50.00	50.00	0.00	0.0	100	0.00	0.00	0.00	100.00
2015-2019	$m_i$	4	3	1	1	3	0	1	3	0	0	0	4
	%	100	75.00	25.00	25.00	75.00	0.00	25.00	75.00	0.00	0.00	0.00	100.00

Physical Education teachers at Thai Nguyen Medical College is 4 people. In the period from 2010 to 2015, there were only 2 teachers and in the period from 2015 to 2019, there were 2 more teachers, with the number of such teachers basically responsible for teaching work.

In terms of professional qualifications, 100%

of teachers have professional qualifications in Physical Education, of which one master accounting for 25% and three bachelors accounting for 75% with seniority working all under 10 years, the age of teachers is all young and under 40 years old. Therefore, it can be affirmed that the teaching staff of Physical

**Table 2. Interview results of Physical Education teaching methods at Thai Nguyen Medical College**

No	Interviewing content	Results	
		$m_i = 4$	Rate %
1	<b>Method have strict norms</b>		
	Training method in teaching movement	3	90
	Training methods with norms of volume of movement and interval	4	100
2	<b>Method of games and competitions</b>		
	Method of games	4	100
	Method of competitions	4	100
3	<b>Method of using words and visual aids in Physical Education</b>		
	Method of using words	4	100
	Method of using visual aids	4	100

Education subject at Thai Nguyen Medical College meet the requirements of teaching Physical Education and extra-curricular sports for students of the College.

### **3. Actual situation of Physical Education teaching methods at Thai Nguyen Medical School**

The results of the survey on the real situation of using the methods of teaching Physical Education at Thai Nguyen Medical College are presented in Table 2.

Through table 2, in the teaching process, teachers have used a variety of methods. These are the methods often used in teaching and coaching of sports. The organization of a training session uses a variety of content, especially the method of games in teaching. Thus, the teaching method of teachers principally satisfies the teaching task for students.

### **4. Actual situation of facilities for teaching of Physical Education subject at Thai Nguyen Medical College**

Results of surveying the status of facilities at Thai Nguyen Medical College through pedagogical observations and direct interviews with the Physical Education teachers show that:

The number of training grounds and equipment of the College is extremely few, not enough to meet the training requirements of students in the regular classes, especially in the lessons of volleyball, basketball, and badminton. The students mostly train outside the training grounds; teachers take advantage of the campus area in the College yard to organize practice for students.

Particularly with badminton court for regular and extra-curricular practice, the College now has 3 courts, the number of courts are used in the College yard area (03 courts), other areas (01 court) to serve the needs of training by officials, teachers and students. There is only one basketball and volleyball court so it does not meet the needs of regular training for students.

### **5. Actual situation of extra-curricular sports needs of Thai Nguyen Medical College female students**

Conducting a survey on the situation of the needs of extra-curricular subjects and form of

training by female students at Thai Nguyen Medical College through interviewing 889 female students, the results show: their favorite sports; If participating in extra-curricular practice, which form they choose; Their needs to participate in extra-curricular training. The results obtained in the first content of 13 interviewed sports, there are 9 sports students are interested in with the rate from 61.07% to 87.96% such as Table Tennis, Volleyball, Swimming, Athletics, Gymnastics, Gym; Yoga and Aerobic Sport. It can be seen that these are sports that are included in the regular content and elective content of the Physical Education program and these are quite interesting sports, suitable for female gender. Especially, the students have most passion with Sport Aerobic; the favorite rate is 87.96%, so the extra-curricular organization of the sport will attract lots of female student to practice. In the second content, the results showed that the majority of students wanted to participate in training with mentors. This proportion accounted for 90.77%, so they were well aware of the role of teachers in organizing extra-curricular practice for students. In the third content with 3 answer options, the aspiration "Really want" to practice by female students at Thai Nguyen Medical College is very high, accounting for 83.91%. Besides, the answer opinion at normal level is 9.78% and the lowest is unnecessary option, accounting for 6.3%. Thus, the awareness of students is very eager to participate in extra-curricular sports training.

### **6. Actual situation of participation in extra-curricular activities by Thai Nguyen Medical College female students**

To determine the actual number of extra-curricular activities of female students at Thai Nguyen Medical College, the study was conducted through interviews and data collection. The results show that: The actual participation in extra-curricular sports training of female students at Thai Nguyen Medical College is still very low. The percentage of participation in the training is mainly sports of the elective program or the subjects that are easy to practice and are highly interested with the



**With the characteristics of long-term and relatively hard work, physical development is a matter of concern in training female students at Thai Nguyen Medical University**

goal of supporting the subject and satisfying the playing needs. They includes Table Tennis, Volleyball, Swimming, Athletics, Gymnastics, Yoga; Sport Aerobic and the rest of the other sports they participate in with a very low rate; specials like Football, all 3 courses do not have any female student participating in the practice. Percentage of female students who participated in extra-curricular sports such as Table Tennis, Volleyball, Swimming, Athletics, Gymnastics, Yoga; Sport Aerobic, especially Gymnastics, Yoga and Sport Aerobic have the largest number of students participating in training, accounting for 40.65% to 55.16%.

### CONCLUSION

Assessing the actual situation of factors affecting the physical fitness development for students at Thai Nguyen Medical College shows that the conditions for extra-curricular practice by the College students have not met practical requirements. A high number of female students wish to participate in extra-curricular subjects in the prescribed curriculum, but in reality, the rate of extra-curricular training is still quite low. Extra-curricular sport with a large number of students participating is Sport Aerobic.

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