

CURRENT SITUATION OF EXTRA-CURRICULAR SPORTS OF FORESTRY UNIVERSITY STUDENTS

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Abstract:

By the scientific research methods of sports, the study has assessed the reality of extra-curricular sports activities of Forestry University students in terms of Actual awareness of managers, teachers and students about extra-curricular sports; actual situation and need of extra-curricular sports training, causes affecting extra-curricular sports activities of students. The research result is an important basis for influencing by measures to attract the University's students to the extra-curricular sports.

Keywords: Extra-curricular sports, Forestry University, awareness of extra-curricular sports, need of extra-curricular sports training, causes affecting extra-curricular sports activities.

INTRODUCTION

In recent years, the Forestry University has performed well the task of teaching regular program as well as Physical Education (PE) in the University. In addition, the University has organized various extra-curricular activities in the form of sports teams, contributing to improving the effectiveness of Physical Education in the University. Up to now, the sports activities are spontaneous form without organization, management, content, and regulation of operation in club. The organization of all sports operates with different types without any specific and clear model. Therefore, sports activities do not attract a large number of students to participate regularly. To overcome this problem, it is necessary to assess the reality of extra-curricular sports activities at the University accurately to find out the advantages

and propose measures to overcome weaknesses in organizing extra-curricular sports activities for students.

RESEARCH METHODS

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

The study has conducted on 250 male and female students of Forestry University. Survey time is the academic year 2016-2017.

RESULTS AND DISCUSSION

1. Actual awareness of managers, teachers of Physical Education and students at Forestry University about extra-curricular sports

We have conducted surveys on awareness of managers, teachers of Physical Education and students on extra-curricular sports. The results

Table 1. Interview results on awareness of managers, teachers and students about extra-curricular sports

No.	Interview subjects	Very important	Rate %	Important	Rate %	Neutral	Rate %	Unimportant	Rate %
1	Students (n=409)	122	30.8	192	46.9	75	18.3	20	4.8
2	Managers (n=21)	11	52.3	10	47.7	0	0.00	0	0.00
3	Teachers (n=20)	15	75.00	5	25.00	0	0.00	0	0.00

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are presented in Table 1.

Table 1 shows that the awareness of managers, teachers and students about the role and meaning of extra-curricular sports activities is not consistent. 100% of managers and teachers and most students think that extra-curricular sports activities have an important role for the physical fitness development of students. This is one of the good conditions and premises for finding solutions to improve the effectiveness of extra-curricular sports in the University.

2. Actual situation of extra-curricular sports training by students

We have conducted surveys through interview with questionnaire; interviewees are teachers, managers and students in the courses. The results show that: The curriculum of the Physical Education subjects for students of Forestry University is relatively consistent with the programs prescribed by the Ministry of Education and Training. However, according to the opinion of teachers, managers and students,

the curriculum has not met students' needs of training sports. Besides, when interviewing students, the fact shows that 20.2% of students regularly participate in extra-curricular sports training, the rest are students who irregularly and never participate in extra-curricular sports activities, accounting for 79.6%. Teachers and managers perceive this status and most of them think that the quality of extra-curricular sports movement of students in the University at average and weak levels is 65.84 % and 92.68% of teachers and managers all affirmed the need to strengthen and enhance extra-curricular sports activities for students is extremely urgent in the current period.

3. Causes affecting extra-curricular sports of Forestry University students

To clarify the number of students who did not participate in extra-curricular sports activities, the study has conducted an interview with students to find out the causes affecting the extra-curricular sports by students of Forestry University. The results are presented in Table 2.

Table 2. Causes for affecting extra-curricular sports of Forest University students (n = 409)

No.	Causes	Number	Rate (%)
1	Do not have time for training	75	18.3
2	Lack of grounds and equipment	325	79.46
3	Have no instructors to mentor and organize the extra-curricular sports training	388	94.8
4	Undeveloped training movement	317	77.5
5	Inappropriate forms and contents of extra-curricular sports	322	78.7
6	Have no sports club for students	409	100.00
7	Unreasonable compensation for officials, teachers and students who are active in sports activities	384	93.8
8	Other reasons	289	70.6

The table 2 shows that the causes affecting students' irregular participation in extra-curricular sports include inappropriate forms and contents of extra-curricular sports (78.7%); have no instructors to mentor and organize the extra-curricular sports training (94.8%); undeveloped training movement (77.5%); unreasonable compensation (93.8%), especially no sports club for students (100%). There are also a number of other causes such as lack of interest, unexpected

work or difficult economic conditions, hesitation, weak health affecting the students' extra-curricular sports practice.

4. Current need of establishing sports clubs at Forestry University

We have conducted a survey on the need to set up extra-curricular sports clubs of 409 students of the Forestry University from course 59 to 62 and 41 managers and teachers of the University. Results are presented in Table 3.

Table 3. Need of establishing Sports Club at Forestry University

No	Subject	Number of subject	Should establish club		Need of practicing sports in sport clubs									
					Badminton		Football		Table Tennis		Volleyball		Shuttlecock	
			Number	%	Number	%	Number	%	Number	%	Number	%	Number	%
I	Student	409												
1	K62	88	86	97.72	78	79.54	75	85.22	55	62.5	72	45.45	3	3.4
2	K61	85	71	83.52	61	71.76	59	69.41	30	35.29	35	41.17	7	8.23
3	K60	116	110	94.82	90	77.58	105	90.51	78	67.24	60	51.72	9	7.75
4	K59	120	115	95.83	64	53.33	67	58.83	54	45.0	50	41.66	15	12.5
	Total	409	382	93.39	293	71.63	306	74.81	217	53.05	163	39.85	34	8.31
II	Managers	21	21	100.00	15	71.42	9	45.00	12	38.70	2	6.45	0	0.00
III	Teachers	20	20	100.00	13	65.00	8	40.00	11	55.00	3	15.00	2	10.00

Table 3 shows that: out of 409 interviewed students, there are 382 opinions, accounting for 93.39% of the answers "should establish club". This clearly reflects the full awareness in terms of spiritual culture, sense of physical training and expressing serious need for organization and guidance of sports training. Also on this issue, we have conducted interviews with 21 managers and 20 teachers who are teaching and working in sports at the Forestry University giving similar results that 100% agreed to establish sports clubs. This proves that the awareness of managers and teachers is very keen to see the importance of the sports clubs in improving the quality of Physical Education and improving the physical fitness of students. The above opinions agreed that the sports club is the basis for uniting forces, directing students into a healthy living environment, limiting negative phenomena in society, which are accessing to the school. At the same time, it is also a basic condition to improve physical fitness for students' learning and living.

CONCLUSION

1. In the current period, the results of the survey on the forms of extra-curricular sports training at the Forestry University show 100% are spontaneous activities; there is no regular extra-curricular sports training in clubs of the University.

2. The number of students who irregularly and never participate in extra-curricular sports is 79.6%, only 20.2% of students

regularly participating in sports training. Thus, the number of students who practice sports regularly at the Forestry University is very low.

3. The main reasons hindering extra-curricular sports training are: Lack of training grounds and equipment (79.46% of the opinion), the undeveloped training movement (77.5% of the opinion) and especially no model of sports club for students.

4. 100% of the officials, teachers and 93.39% of the students think that establishing sports clubs is necessary. In particular, the need to set up sports clubs is consistent, ranked in the order of football, badminton, table tennis and volleyball.

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(Received 3/11/2019, Reviewed 6/11/2019

Accepted 25/11/2019

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