

CURRENT SITUATION PHYSICAL EDUCATION AT FORESTRY UNIVERSITY

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Abstract:

The study has assessed the real situation of the Physical Education at Hanoi Forestry University in the following aspects: The situation of the curriculum, facilities, teachers and the situation of academic results and physical fitness level of students. The results of assessment are the scientific basis for influencing solutions to improve the effectiveness of Physical Education for students at Forestry University.

Keywords: Physical Education, Forestry University, curriculum, Academic.

INTRODUCTION

Recognizing the importance of Physical Education for students, the Forestry University not only fully and seriously implements the regulations issued by the Ministry of Education and Training on the Physical Education curriculum, but also develops and organizes new learning content in accordance with the University's conditions. That has contributed significantly to improving the quality of Physical Education and general physical fitness for students. However, in reality, the general physical strength of students at Forestry University is still limited, especially in the face of increasing social demands, the further improvement of physical fitness level for students are the responsibility of Physical Education experts. There must be proper care and study to improve the physical strength during the learning process. In order to have a scientific basis to influence solutions to improve the effectiveness of Physical Education for the University students, accurate assessment of the reality of the Physical Education at the Forestry University is a necessary and practical issue.

RESEARCH METHODS

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

We have conducted study on 955 students at Forestry University. Survey time is the academic year 2016-2017.

RESULTS AND DISCUSSION

1. Actual situation of curriculum of Physical Education subject of Forest University students

The results of detailed statistics of the Physical Education curriculum at Forestry University through analysis and direct interview with the Physical Education teacher are in Table 1.

The table 1 shows that the curriculum of Physical Education at Forestry University is conducted in accordance with the regulations of the Ministry of Education and Training. Particularly, 90 periods are divided into 3 semesters corresponding to 3 credits; each term is 1 credit with 30 periods and including 2 specific stages. Stage 1 includes compulsory subjects of 100m running; Middle- distance running of 800m (for female), 1500m (for male), Belly roll high jump. Stage 2 includes 1 of 3 elective sports of Football, Badminton and Swimming.

2. Actual situation of facilities at Forestry University

We have carried out survey on the actual situation of facilities for Physical Education at Forestry University through the University's statistics and pedagogical observations and direct interviews with teachers. The results show that the University's facilities are quite adequate. However, due to the increasing learning needs of students in recent years, the frequency of using grounds and equipment from Monday to Friday, the facilities have rapidly degraded. The actual facilities will have a significant effect on the effectiveness of teaching and practicing

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Table 1. Distribution of Physical Education curriculum at Forestry University

No.	Code	Name	Total of credits	Theory	Practice	Previous module	Com-pulsory	Elective	Knowledge block
Total of compulsory part			2	3	57		2	0	
1		Athletics 1	1	3	27				Professional
		Athletics2	1	3	27				Professional
Total of elective part (choose from 1 of 3 sections)			1	3	27			1	
1		Badminton	1	3	27			x	Professional
2		Football	1	3	27			x	Professional
3		Swimming	1	3	27			x	Professional

Physical Education subjects in general and the physical fitness development in particular for the University’s students.

3. Actual situation of Physical Education teachers at Forestry University

Statistics on the current situation of Physical Education teachers at Forestry University through the University’s statistics are in Table 2.

The table 2 shows that: The University has 18 Physical Education teachers (including 12

Table 2. Actual situation of Physical Education teachers at Forestry University

Qualification			Sex		Age			Average hours on class per week
Post-graduate	Bachelor	Associate degree	Male	Female	23-35	35-50	50-60	
7	11	0	12	6	1	11	6	20 hours/week

male and 06 female), and 100% are teachers with bachelor or higher degree. Most of the teachers have teaching seniority over 10 years. Therefore, if promoting the capacity of teachers, the quality of teaching Physical Education subjects of the University is high.

Regarding the number of hours of teaching: the average number of hours on class per teacher is 20 periods per week, which is redundant in comparison with the hours prescribed by the Ministry of Education and Training of 17 periods per week. Every week, the teachers organize a period of extra-curricular sports but mainly for the University's sports team. With such a density of work, there will be less time to observe colleagues' classes and improve professional knowledge.

4. Actual situation of learning outcomes of Physical Education subjects at Forestry University

The theoretical and practical learning scores by students in the academic year 2016-2017 are the average of the theoretical and practical contents corresponding to the first year, the

second year and the third school year. The result is in Table 3.

The table 3 shows:

Theoretical scores were low in the first year and not significantly increased in the second and third year. The number of failed scores in the first year is quite high (57.48%) and has decreased in the third year (42.51%). The number of good and very good theoretical scores is low (accounting for 1.98% to 6.29%).

In terms of practical scores, the number of failed scores reaches quite high level in the first year accounting for 25.58%, reduced to 21.77% in the second year and 17.37% in the third year. Although the rate of practical scores was 62.46% in the first year, 65.30% in the second year and 68.26% in the third year, the number of good and very good theoretical scores is low (accounting for 11.92% to 14.62%).

5. Actual situation of general physical fitness level of Forestry University students

We have conducted the assessment of general physical fitness by Forestry University students through the classification standards of

Table 3. Theoretical and practical learning outcomes and of Physical Education subjects by Forestry University students in academic year 2016-2017 (n = 955)

Content		First year (n = 302)			Second year (n = 318)			Third year (n = 335)		
		Good	Passed	Failed	Good	Passed	Failed	Good	Passed	Failed
Theory	Number	6	123	173	17	162	139	21	172	142
	Rate %	1.98	40.72	57.48	5.36	50.94	43.85	6.29	51.34	42.51
Practice	Number	36	188	77	42	207	69	49	228	58
	Rate %	11.92	62.46	25.58	13.25	65.30	21.77	14.62	68.26	17.37

Table 4. General physical fitness of Forestry University students

No	Content	Qualified		Unqualified	
		m _i	Rate %	m _i	Rate %
1	Force of dominant hand (kg)	658	68.90	297	31.09
2	Crunches (times/30 seconds)	457	47.85	498	52.14
3	Standing long jump (cm)	728	76.23	227	23.76
4	30m full standing start run (second)	474	49.63	481	50.36
5	Shuttle run 4 × 10m (s)	433	45.17	522	54.65
6	Free running for 5 minutes (m)	353	36.96	602	63.03
	Average		54.89		45.05

physical fitness issued together with Decision No. 53/2008/QĐ-BGDĐT dated 18 September 2008 by the Minister of Education and Training. The results are in Table 4.

The table 4 shows: The number of students meeting the strength evaluation standard is quite high. About strength of upper limb (force of dominant hand), the first year reaches 66.22%; the second year reaches 68.55% and the third year reaches 69.85%. About strength of lower limb (standing long jump), the first year reaches 70.76%; the second year reaches 76.97% and the third year reaches 78.14%.

The number of students meeting the standard of speed strength (30m full standing start run) is relatively low with 48.50% in the first year; 49.21% in the second year and 50.00% in the third year.

Similar to the standard of speed strength, the number of students who reach the speed and clever standard (shuttle run 4 x 10m) is relatively low with 31.89% in the first year; 40.06% in the second year and 47.60% in the third year.

The number of students meeting the standard of endurance (free running for 5 minutes) is very low with 32.11% in the first year; 35.96% in the second year and 40.89% in the third year.

However, in terms of the percentage of students with average level of physical fitness standards in all contents, only 54.89% of student satisfies the standards.

CONCLUSION

Factors affecting the Physical Education by students of Hanoi Forestry University meet the standards at average level. Academic results of the Physical Education subject and physical fitness level of students are low. It is necessary to have appropriate solutions to improve the effectiveness of Physical Education for students at Forestry University.

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