

# THE CURRENT SITUATION OF FEMALE STUDENTS' PHYSICALITY AT HUE UNIVERSITY

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## Abstract:

Through regular scientific research methods in Physical Training and Sport, the research assesses the current situation of female students' physicality at Hue University. The result shows that the physical strength of female students at Hue University is still limited. Thus, the research understands the shortcomings in the student's physicality development and figure out the orientation to help the Faculty of Physical Education - Hue University in developing the physical strength for female students at each university member of Hue University.

**Keywords:** Physical condition; female student physicality; Hue University student.

## INTRODUCTION

Hue University is a key regional university of the whole country, with responsibility in training cadres for the Central and Central Highlands and throughout the country. Every year, approximately 40,000 students are trained mainly in the Central and Central Highlands provinces, of which more than 50% are female students studying.

Performing well the education responsibility is to develop student's qualities comprehensively. And one of the important tasks in education is to improve the physicality of this future working force. Therefore, in recent years, Hue University has paid much attention to the PE teaching, the leaders of Hue University and its member universities have had positive solutions to promote physical education in order to improve student's physicality. However, through practical teaching, it shows that the physical strength of female students at member schools is weak, thus affecting the quality of PE. That is the reason we conduct research: Current situation of female student's physicality at Hue University

## RESEARCH METHODS

The research uses following methods: document analysis and synthesis, pedagogical examination method and statistical math

method.

Experimental subjects: 554 students of the 2016 schoolyear and 704 students of the 2017 schoolyear at Hue University

Content of assessment: 4 classify-tests are mentioned in the regulations of the Ministry of Education and Training issued under Decision No. 53 / QĐ - BGDĐT dated in August 19, 2008, which includes abdomen folding-up (turn/30s), long jump (cm), 4x10m shuttle running (s) and 5min free running (m).

## RESULTS AND DISCUSSION

### 1. Assessing the general physical condition of female students at Hue University members

The results of the female students' physical examination at university member of Hue University detailed from following Table 1 to Table 4:

Through 4 physical tests, we compare the results recorded in each school in 2016 and 2017 schoolyear. The result shows that: the physical strength of female students in each school was not significantly different  $\chi^2 < \chi^2_{table}$  at probability threshold  $P = 0.05$ . It proves that the physicality of female students in each school is homologous. Through the test results, in each schoolyear, there is a great difference between physical assessment result at C, all > 10%.

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**Table 1. Test result in abdomen folding-up of female students at Hue University (2016 & 2017 schoolyear)**

Schol member	2016 schoolyear					2017 schoolyear					$\chi^2$
	$m_i = 554$	$\bar{x} \pm \delta$	$C_v$	Passing rate		$m_i = 704$	$\bar{x} \pm \delta$	$C_v$	Passing rate		
				$m_i$	%				$m_i$	%	
Tourism Dpt.,	68	15.44±1.60	10.38	46	67.65	77	14.57±2.74	18.78	55	71.43	0.244
University of Science	65	15.66±2.96	18.87	46	70.77	64	14.84±3.04	20.48	44	68.75	0.02
University of Economics	101	15.74±1.97	12.57	72	71.29	104	14.77±2.29	15.49	77	74.04	0.639
University of Law	77	15.77±3.16	20.06	61	79.22	83	14.83±2.89	20.07	60	72.29	1,041
University of Foreign Languages	88	15.63±2.56	16.37	61	69.32	94	14.32±2.50	17.49	65	69.15	0.001
University of Agriculture and Forestry	67	15.99±2.92	18.25	53	79.1	64	15.14±3.08	20.36	47	73.44	0.582
University of Education	88	15.66±2.39	15.25	63	71.59	94	15.02±2.16	14.41	69	73.4	0.075
University of Medicine and Pharmacy	-	-	-	-	-	124	15.07±3.06	20.31	87	70.16	-

**Table 2. Test result in long jump (cm) of female students at Hue University (2016 & 2017 schoolyear)**

School member	2016 schoolyear					2017 schoolyear					$\chi^2$
	$m_i = 554$	$\bar{x} \pm \delta$	$C_v$	Passing rate		$m_i = 704$	$\bar{x} \pm \delta$	$C_v$	Passing rate		
				$m_i$	%				$m_i$	%	
Tourism Dpt.,	68	148.19±16.06	10.84	43	63.23	77	147.78±21.84	14.78	52	67.53	0.295
University of Science	65	151.62±21.06	13.89	37	56.92	64	149.64±20.90	13.97	42	65.62	1,029
University of Economics	101	150.6±18.27	12.13	66	65.35	104	149.62±17.46	11.67	73	70.19	0.551
University of Law	77	151.55±21.57	14.24	52	67.53	83	149.58±22.17	14.83	59	71.08	0.237
University of Foreign Languages	88	150.15±15.85	10.03	57	64.77	94	150.02±17.55	11.7	66	70.21	0.614
University of Agriculture and Forestry	67	152.18±21.18	13.92	46	68.66	64	150.69±27.4	18.18	50	78.13	1,499
University of Education	88	151.99±16.54	10.88	58	65.91	94	150.32±19.34	12.87	68	72.34	0.883
University of Medicine and Pharmacy						124	151.61±19.01	12.54	90	72.58	

**Table 3. Test result in 4x10m shuttle running (s) of female students at Hue University (2016 & 2017 schoolyear)**

University member	2016 schoolyear					2017 schoolyear					$\chi^2$
	m <sub>i</sub> = 554	$\bar{x} \pm \delta$	C <sub>v</sub>	Passing rate		m <sub>i</sub> = 704	$\bar{x} \pm \delta$	C <sub>v</sub>	Passing rate		
				m <sub>i</sub>	%				m <sub>i</sub>	%	
Tourism Dpt.,	68	13.55±1.40	10.31	42	61.76	77	13.39±1.48	11.06	46	59.74	0.062
University of Science	65	13.3±1.34	10.4	37	56.92	64	13.4±1.38	11.23	37	57.81	0.01
University of Economics	101	13.44±1.39	10.35	59	58.42	104	13.65±1.42	10.41	58	55.77	0.146
University of Law	77	13.22±1.48	11.17	48	62.33	83	13.25±1.38	10.38	52	62.65	0.002
University of Foreign Languages	88	13.51±1.44	10.66	50	56.81	94	13.65±1.48	10.82	53	56.38	0.004
University of Agriculture and Forestry	67	13.24±1.75	13.22	46	68.65	64	13.31±1.66	12.48	45	70.31	0.042
University of Education	88	13.43±1.39	10.32	49	55.68	94	13.61±1.41	10.35	53	56.38	0.009
University of Medicine and Pharmacy	-	-	-	-	-	124	13.12±1.33	10.1	86	69.35	-

**Table 4. Test result in 5min free running (m) of female students at Hue University (2016 & 2017 schoolyear)**

University member	2016 schoolyear					2017 schoolyear					$\chi^2$
	m <sub>i</sub> = 554	$\bar{x} \pm \delta$	C <sub>v</sub>	Passing rate		m <sub>i</sub> =704	$\bar{x} \pm \delta$	C <sub>v</sub>	Passing rate		
				m <sub>i</sub>	%				m <sub>i</sub>	%	
Tourism Dpt.,	68	800.18±82.81	10.35	27	39.7	77	807.53±91.68	11.35	38	49.35	1,358
University of Science	65	853.4±107.33	12.58	34	52.31	64	815.89±91.59	11.23	33	51.57	0.007
University of Economics	101	837.17±87.24	10.42	47	46.53	104	810.13±68.48	8.45	51	49.04	0.129
University of Law	77	841.91±90.43	10.74	41	53.24	83	827.49±86.25	10.42	48	57.83	0.34
University of Foreign Languages	88	849.15±90.58	11.09	37	42.04	94	789.76±86.31	10.93	46	48.93	0.87
University of Agriculture and Forestry	67	849.15±89.23	10.51	38	56.72	64	835.33±94.84	11.35	40	62.5	0.455
University of Education	88	835.73±87.78	10.5	39	44.32	94	798.46±81.63	10.22	46	48.93	0.389
University of Medicine and Pharmacy						124	853.51±88.47	10.37	87	70.16	



**Class of Physical Education at Bac Ninh Sports University  
(photo by: upes1)**

**Table 5. Test result in physicality of female students  
at Hue University (2016 & 2017 schoolyear)**

TT	Physical test	2016 schoolyear (n = 554)				2017 schoolyear(n=704)				$\chi^2$
		$\bar{x} \pm \delta$	$C_v$	Passing rate		$\bar{x} \pm \delta$	$C_v$	Passing rate		
				$m_i$	%			$m_i$	%	
1	Abdomen folding-up (turn)	15.70±3.02	19.27	398	71.84	14.82±2.94	19.82	504	71.59	0.01
2	Long Jump (cm)	150.9±23.59	15.64	366	66.06	150.01±21.86	14.57	500	71.02	3,552
3	4x10m shuttle running (s)	13.39±1.67	12.46	331	59.75	13.42±1.56	11.59	428	60.79	0.142
4	5min free running (s)	833.23±108.13	12.98	263	47.47	818.07±93.73	11.46	389	55.26	7,522

**Table 6. General physical evaluation results of female students at Hue University**

	University member	2016 schoolyear			2017 schoolyear			$\chi^2$
		$m_i$	Passing rate		$m_i$	Passing rate		
			$m_i$	%		$m_i$	%	
1	Tourism Dpt.,	68	11	16.18	77	10	12.99	0.297
2	University of Science	65	12	18.46	64	10	15.63	0.183
3	University of Economics	101	16	15.84	104	15	14.42	0.038
4	University of Law	77	16	20.78	83	21	25.3	0.459
5	University of Foreign Languages	88	11	12.5	94	12	12.77	0.003
6	University of Agriculture and Forestry	67	18	26.87	64	21	32.81	0.554
7	University of Education	88	12	13.64	94	12	12.77	0.052
8	University of Medicine and Pharmacy	-	-	-	124	41	33.06	
	Hue University	554	96	17.33	704	142	20.17	1,632



## 2. Compare the general physical condition of female students of Hue University

In tables 5 and 6, the result shows that: the paradox is that although the passing rate of female students in 2016 and 2017 schoolyear is more than 50% in each physical test (except for 5min free running, 2016 schoolyear). However, in general physical tests, the results were consistently low <35%. Through analyzing the data, it can be seen that many female students have not reached the "Pass" rating on all physical qualities according to the test tests, which means that the physicality of female students at Hue University is unevenly developing in physical strength aspect.

### CONCLUSION

1. Through the test results, Hue University's female students have uneven development of physical strength; in which, the quality of endurance is still weak. The general physicality of female students at Hue University is still low, the number of students who have not met the general physicality standards of the Ministry of Education and Training is very large. The physical examination result shows that there is a great difference among the female students' assessment results, showing that C, > 10%.

2. The physical strength of female students of each Hue University member school is quite equal. In particular, the student's general physicality at the University of Medicine and Pharmacy is the best, followed by the University of Agriculture and Forestry, the University of Law and the students of the University of Foreign Languages and University of Education are the weakest.

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