

# APPLYING MEASURES TO IMPROVE THE QUALITY OF SELF-STUDY OF HYGIENE IN PHYSICAL TRAINING FOR STUDENTS OF BAC NINH SPORT UNIVERSITY UNDER THE CREDIT TRAINING MODEL

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## Abstract:

On the basis of theoretical analysis, interviews with lecturers, students and experimental organizations, the topic has selected and effectively applied measures to improve the quality of self-study of Hygiene in Physical education of Bac Ninh Sport University.

**Keywords:** Application, Measures, Self-study, Sports and Physical Hygiene.

## INTRODUCTION

Bac Ninh Sport University is the place that trains the most prestigious sports and physical training officials in Vietnam. Over 60 years of development, improving the quality of training has always been a central task and become more important than ever before facing the new opportunities and challenges that social reality is putting out for the school.

In the model of credit-based training, the problem of students' self-study after class can be considered as a driving force to accelerate the transition from year-to-credit, making the credit-based training process come in its true nature: turning the training process into the process of self-training of learners.

The project aims to improve the learning outcomes of the Gymnastics and Hygiene course, organizes and implements the self-study activities of the students effectively and consistently with the specific subjects in the context of reforming the training method, towards the goal of promoting the capacity of students, meeting the needs of society.

## RESEARCH METHODS

The research process used method of analyzing and synthesizing documents; method of interviewing seminars; pedagogical observation method; Experimental method of

pedagogy; Statistical mathematical methods.

## RESULTS AND DISCUSSION

### 1. Researching and selecting measures to improve the quality of self-study in Hygiene of Physical Education for students of Bac Ninh Sports University under the credit training model

Through documents, talks, consultations, the topic proposed 15 measures to improve the quality of self-study in hygiene of physical education and conducted interviews with 24 lecturers teaching theoretical subjects at the school. As a result, we selected 6 measures with a very high number of affirmative votes, above 75%, applied to improve the quality of self-study in Hygiene of Physical Education specifically including:

Measures 1. Help students identify the purpose, formulate and develop the right self-study motivation.

Measure 2. Linking and connecting self-study contents with practical activities.

Measure 3. Train self-study skills for students according to lesson requirements.

Measure 4. Renewing the form of examination and evaluation of subjects in accordance with the requirements of the output standards.

Measure 5. Increase the use of active teaching methods.

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## TRƯỜNG ĐẠI HỌC THỂ DỤC THỂ THAO BẮC NINH

### THÔNG TIN TUYỂN SINH ĐẠI HỌC NĂM 2019



**KÝ HIỆU TRƯỜNG: TDB**

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**PHƯƠNG THỨC TUYỂN SINH**

- Phương thức 1: Xét kết quả học tập lớp 12 THPT và thi tuyển năng khiếu

- Phương thức 2: Xét kết quả thi THPT quốc gia và thi tuyển năng khiếu

Ngành đào tạo	Mã ngành	Chỉ tiêu	Tổ hợp tuyển sinh (Áp dụng cho cả 2 phương thức xét tuyển)
Giáo dục thể chất	7140206	250	- T00: Toán + Sinh + Năng khiếu (Bật xa + chạy 100m)
Huấn luyện thể thao	7140207	200	- T01: Toán+Năng khiếu 1 + Năng khiếu 2
Quản lý TDTT	7810301	25	- M03: Ngữ Văn+Năng khiếu 1+Năng khiếu 2 (Bật xa); Năng khiếu 2 (Chạy 100m)
Y sinh học TDTT	7729001	25	

**Thời gian nộp hồ sơ: Từ 1/4 - 30/6/2019**  
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**Hồ sơ đăng ký dự thi: Xem chi tiết trên Website**  
**Cách thức nộp hồ sơ:**  
 1. Nộp trực tiếp tại Phòng Đào tạo, QLKH và TDTT, Trường Đại học TDTT Bắc Ninh  
 2. Gửi qua đường bưu điện về địa chỉ Trường Đại học TDTT Bắc Ninh

Measure 6. Identify the performance of classroom learning tasks with the task of self-study.

## 2. Evaluating the effectiveness of the application of measures to improve the students' self-study quality in Sports and Physical Hygiene

After finishing the course, the topic of the interview and the interview results between the experimental group and the control group on self-study Hygiene and Gymnastics. The results show that:

Purpose, motive of self-study of Hygiene and gymnastics of experimental groups are significantly different in a positive direction compared to the control groups. This shows that the majority of students have the motivation and spirit to self-study. The determination of the purpose, positive learning motivation, along with the training of self-study skills and strengthening examination and supervision have

helped students to progress in learning activities. The majority of students have a true awareness of the importance of self-study.

Next, the topic compares the learning results (module scores) of Hygiene in Physical education of experimental group with the control group. The results are presented in Table 1.

Table 1 shows:

- The number of students in the experimental group who scored excellently (5.77) and well (44.23%) was much higher than students who achieved excellent points (0.85%) and good points (22.88%) in the control group.

- The average number of students in the control group (35.59%) and experimental group (34.62%) is similar.

- The number of students in the experimental group who scored below average (13.46) and weakly (1.92%) was much lower than the students with points below average (33.90) and

**Table 1. Comparison of learning results of Hygiene in Physical Education of experimental group (EG) and control group (CG)**

Group	Level of result (point)									
	Excellent (8.5-10)		Good (7-8.4)		Average (5.5-6.9)		Below average (4-5.4)		Weak (<4)	
	m <sub>i</sub>	%	m <sub>i</sub>	%	m <sub>i</sub>	%	m <sub>i</sub>	%	m <sub>i</sub>	%
EG (n=52)	3	5.77	23	44.23	18	34.62	7	13.46	1	1.92
CG (n=118)	1	0.85	27	22.88	42	35.59	40	33.90	8	6.78
$\chi^2_{\text{calculated}} = 9.752 > \chi^2_{\text{table}} = 9.488$ với $p < 0.05$										





**Bac Ninh Sport University trains athlete from high school (Photo by: upes1)**

weak point (6.78%) in the control group.

The thesis examines the differences in learning results between experimental group and control group by Pearson Chi-Square index.

Test results of Pearson Chi-Square between the two courses is  $X^2_{\text{calculated}} = 9,752 > X^2_{\text{table}} = 9,488$ . So the difference is statistically significant with  $p < 0.05$ , at the freedom being  $(C-1) (D-1) = 4$ .

## CONCLUSION

From the research results of the topic, we come to the following conclusion:

1. Selecting 6 measures to improve the quality of self-study in Hygiene of Physical Education for students of Bac Ninh University of Sports and Physical Education under the credit training model are:

- Help students identify the purpose, form and develop the right self-study motivation.
- Contact, link the content of self-study with practical activities.
- Train self-study skills for students according to lesson requirements.
- Innovate the form of examination and assessment of subjects in accordance with the requirements of the output standards.
- Increase the use of positive teaching methods.
- Identify the implementation of learning tasks in class with the task of self-study.

2. Empirical results allow to confirm that the selected measures have the effect of improving

the quality of self-study of Hygiene in Physical Education subjects, shown by changing students' perceptions of purpose, motivation, self-study and points.

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