

DEVELOPING A RECREATIONAL SPORTS CLUB MODEL FOR STUDENTS AT HUE UNIVERSITY

Nguyen The Tinh⁽¹⁾; Pham Van Hieu⁽¹⁾
Nguyen Dinh Duy Nghia⁽²⁾

Summary

Based on theoretical and practical foundations, combined with methods such as documents analysis and synthesis, surveys using questionnaires, and statistical mathematics, this research evaluates the current status of student sports clubs at Hue University. It identifies the necessity, significance, and importance of developing recreational sports clubs for university students. The proposed recreational sports club model for Hue University students has shown initial effectiveness in improving both physical and mental health.

Keywords: Club; Sports; Model; Recreational Sports; Hue University Students.

INTRODUCTION

In recent years, school-based sports activities have seen significant growth, with innovative and diverse approaches that have garnered positive attention from society. Competitions for students have been regularly maintained and developed, attracting substantial participation in training and events. Athletic performance among students has improved, with talented individuals identified for further training to contribute to the nation's high-performance sports teams. A key objective of higher education, as stipulated in the Higher Education Law, is to train learners to maintain good health. Recreational sports contribute to physical and mental well-being. Thus, the establishment of recreational sports clubs (RSCs) within higher education institutions is crucial for both students and the general community. This study aims to build a functional model of RSCs for Hue University students by assessing their necessity, significance, and demand for such clubs. RSCs play a vital role in life by offering opportunities for relaxation, enjoyment, and social engagement, regardless of whether activities occur indoors or outdoors. They cater to the physical and emotional needs of individuals, providing entertainment, social connections, and lifestyle improvements. For students, RSCs offer a unique platform for recreation and

physical fitness during their free time. They focus less on competition and more on enjoyment, making them particularly appealing to young people. These clubs not only provide joy from overcoming challenges or competing but also significantly enhance physical health and overall fitness. From this perspective, the study "Developing a Recreational Sports Club Model for Students at Hue University" was conducted to meet these needs.

RESEARCH METHODS

The study employed a combination of research methods, including document analysis and synthesis, questionnaire surveys, and statistical mathematics.

Interviews were conducted with 10 faculty members, administrators, and experts (collectively referred to as "lecturers") and 865 students to assess the necessity, significance, demand, and proposed structure of recreational sports clubs (RSCs) at Hue University.

RESULTS AND DISCUSSION

1. Necessity, Significance, and Demand for Establishing and Developing Recreational Sports Clubs at Hue University

1.1. Necessity of Establishing and Developing Recreational Sports Clubs

To evaluate the necessity of RSCs at Hue University, 865 students and 10 lecturers were interviewed. The results are presented in Table 1.

⁽¹⁾PhD, ⁽²⁾Master, Faculty of Physical Education – Hue University

Table 1. Necessity of Establishing and Developing Recreational Sports Clubs at Hue University

Level	Students (n=865)		Lecturers (n=10)	
	n	%	n	%
1. Not at all necessary	14	1.62	0	0
2. Not necessary	23	2.66	0	0
3. Neutral	123	14.22	1	10
4. Fairly necessary	154	17.8	3	30
5. Very necessary	551	63.7	6	60

The findings in Table 1 indicate that of the 865 student respondents, 551 (63.70%) considered the establishment and development of RSCs to be very necessary, and 154 (17.80%) found it fairly necessary. Only 14.22% viewed it neutrally, while a combined 4.28% regarded it as not necessary or not at all necessary.

These results reflect a strong awareness among students of the cultural and recreational benefits, the importance of physical training, and the need for recreational sports activities. Moreover, among the 10 lecturers surveyed, 60% deemed RSCs very necessary, while 30% rated them as fairly necessary, and 10% viewed them neutrally.

This data demonstrates that both students and faculty members at Hue University recognize

the critical role of RSCs in improving physical education and overall well-being. Globally, organized recreational sports clubs have been implemented in schools to foster communal physical activity while enhancing individual skills and athletic performance. These findings align with successful international practices in developing recreational sports for students, faculty, and staff.

1.2. Significance of Establishing and Developing Recreational Sports Clubs

To determine the significance of RSCs for Hue University students, surveys were conducted with 10 lecturers and 865 students. The results are detailed in Tables 2 and 3.

Table 2. Lecturer Survey on the Significance of Establishing Recreational Sports Clubs (n = 10) (%)

No.	Significance	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
1	Enhances health	60	30	10	0	0
2	Improves physical appearance	40	30	20	10	0
3	Provides mental relaxation	80	10	10	0	0
4	Enhances motor skills	40	50	10	0	0
5	Supports weight loss	50	30	10	10	0
6	Prevents illnesses	60	10	20	10	0
7	Offers entertainment	40	20	20	10	10
8	Reduces stress	50	40	10	0	0
9	Promotes social integration	40	30	20	10	0
10	Others:.....	40	30	10	10	10

Table 3. Student Survey on the Significance of Participating in Recreational Sports Clubs (n = 865) (%)

No.	Significance	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
1	Enhances health	52.37	37.34	7.28	2.54	0.46
2	Improves physical appearance	32.02	33.29	20.23	10.29	4.16
3	Provides mental relaxation	67.28	16.53	10.87	4.28	1.04
4	Enhances motor skills	30.75	45.66	10.29	5.32	7.98
5	Supports weight loss	39.88	44.62	9.02	1.73	4.74
6	Prevents illnesses	27.05	24.51	21.39	19.88	7.17
7	Offers entertainment	17.69	11.91	63.12	4.16	3.12
8	Reduces stress	63.24	30.52	0.35	0.46	5.43
9	Promotes social integration	32.83	37.57	17.69	9.71	2.2
10	Others:.....	14.1	16.07	10.64	6.24	52.95

Tables 2 and 3 illustrate that both lecturers and students strongly agreed on the significance and importance of establishing RSCs. Specifically:

Lecturers' Perspectives: The combined responses of "Strongly Agree" and "Agree" accounted for a high proportion of opinions across several factors: enhancing health, mental relaxation, improving motor skills, and stress reduction (90% agreement). Weight loss was highlighted by 80%, while improving physical appearance, disease prevention, and social integration were recognized by 70% of respondents. The lowest agreement, at 60%, was for entertainment and cheering activities.

Students' Perspectives: Among students, stress reduction was the most highly valued benefit, with 93.76% of respondents agreeing or strongly agreeing. This was followed by health enhancement (89.71%), weight loss (84.51%), mental relaxation (83.82%), and improved motor skills (76.42%). Other factors were comparatively less emphasized in student responses.

These results reveal that both lecturers and students recognize the critical role of RSCs in promoting physical and mental well-being. Their establishment and development are viewed as essential to enhancing the health and quality of life of Hue University students.

2. Criteria for Establishing Recreational Sports Clubs

To establish clear criteria for RSCs at Hue University, two rounds of surveys were conducted with 10 experts, including scientists, administrators, and lecturers. Each round was spaced seven days apart to validate the consistency of responses. The findings are presented in Table 4.

Based on expert opinions, criteria with an agreement level of 80% or higher were selected for the detailed development of the recreational sports club (RSC) model. Through structured interviews, the proposed criteria were incorporated into the framework for establishing the RSC model for Hue University students.

3. Development of the RSC Establishment and Operational Procedure

To design a scientifically appropriate and practical process for forming RSCs at Hue University, two rounds of surveys were conducted with 10 lecturers using structured questionnaires, spaced seven days apart. This ensured a comprehensive understanding of the requirements for establishing and operating RSCs. Table 5 summarizes the survey results.

Based on the lecturers' responses, procedures with an agreement rate of 80% or higher were selected for the establishment process. The proposed seven-step procedure was unanimously endorsed with approval ratings

Table 4. Survey Results on Criteria for Establishing Recreational Sports Clubs (n = 10)

No.	Criteria	Survey round 1				Survey round 2			
		Agree		Disagree		Agree		Disagree	
		<i>m_i</i>	%	<i>m_i</i>	%	<i>m_i</i>	%	<i>m_i</i>	%
1	Necessity	10	100	0	0	9	90	1	10
2	Legal Basis	8	80	2	20	9	90	1	10
3	Objectives	8	80	2	20	8	80	2	20
4	Goals	9	90	1	10	9	90	1	10
5	Target Participants	9	90	1	10	8	80	2	20
6	Organizational Structure and Operations	9	90	1	10	9	90	1	10
7	Operational Regulations	8	80	2	20	9	90	1	10
8	Impact and Effectiveness	9	90	1	10	9	90	1	10
9	Feasibility	8	80	2	20	8	80	2	20
10	Risk Assessment	9	90	1	10	9	90	1	10
11	Budget Allocation	8	80	2	20	9	90	1	10
12	Implementation Plan	10	100	0	0	10	100	0	0
13	Execution	8	80	2	20	8	80	2	20

Table 5. Summary of Survey Results on the Establishment and Operational Procedure for RSCs (n = 10)

TT	Procedure	Survey round 1				Survey round 2			
		Agree		Disagree		Agree		Disagree	
		n	%	n	%	n	%	n	%
1	Submit a proposal to Hue University Director	9	90	1	10	10	100	0	0
2	Develop an RSC activity proposal	9	90	1	10	10	100	0	0
3	Survey the current state of RSCs at Hue University	10	100	0	0	10	100	0	0
4	Explore external RSCs for benchmarking	9	90	1	10	10	100	0	0
5	Organize a council or electoral conference (if applicable)	10	100	0	0	10	100	0	0
6	Submit the proposal to Hue University management	9	90	1	10	10	100	0	0
7	Director approval and establishment of RSCs	9	90	1	10	10	100	0	0

Table 6. Survey Results on the Recreational Sports Club (RSC) Model for Hue University Students (n=10)

TT	RSC Model	Agree		Disagree	
		m _i	%	m _i	%
1	Board of Directors/Department/Division/RSC/ Executive Board/Sub-committees/Sponsors	0	0	0	0
2	Board of Directors/Department/RSC/ Executive Board/Sponsors/Sub-committees	8	80	0	0
3	Board of Directors/Union/RSC/Executive Board/Sub-committees/Sponsors	1	10	0	0
4	Board of Directors/Student Union/RSC/ Executive Board/Sub-committees/Sponsors	1	10	0	0
5	Youth Union/RSC/Executive Board/Sub-committees/Sponsors	0	0	0	0
6	Youth Union/RSC/Executive Board/Sub-committees	0	0	0	0
7	Student Union/RSC/Youth Union/RSC/ Executive Board/Sub-committees/Sponsors	0	0	0	0
8	Department/RSC/Executive Board/Sub-committees/Sponsors	0	0	0	0
9	Department/RSC/Executive Board/Sponsors	0	0	0	0
10	Board of Directors/RSC Executive Board/Sub-committees/Sponsors	0	0	0	0
11	Youth Union/RSC Executive Board/Sub-committees/Sponsors	0	0	0	0
12	Student Union/RSC Executive Board/Sub-committees/Sponsors	0	0	0	0
13	Department/RSC Executive Board/Sub-committees/Sponsors	0	0	0	0
14	Faculty Union/RSC Executive Board/Sub-committees/Sponsors	0	0	0	0
15	Others: ...	0	0	0	0

exceeding 90%, affirming its suitability for forming RSCs at Hue University.

4. Designing the RSC Model for Hue University Students

To establish a robust RSC model for Hue University students, the opinions of 10 lecturers were surveyed. The results are presented in Table 6, which outlines the proposed model's framework and its acceptance rates among experts.

The survey results in Table 6 indicate that the majority of lecturers (80%) favored the model structured as: Board of Directors/Department/RSC/Executive Board/Sponsors/Sub-committees. This proposed structure includes the Executive Board, two deputy leaders, sponsors, and two sub-

committees (Finance-Administration Sub-committee and Technical Sub-committee). Additional participants include students, staff, employees, and sports practitioners. To illustrate the proposed structure clearly, we present the RSC model in Diagram 1 below:

CONCLUSION

The study highlights the critical need to establish Recreational Sports Clubs (RSCs) to create conducive environments for sports and recreational activities among Hue University students. Despite the demand, current resources and conditions fall short of enabling regular, scientifically grounded, and effective physical activity for students, leading to significant challenges in practice. Thus, developing an RSC

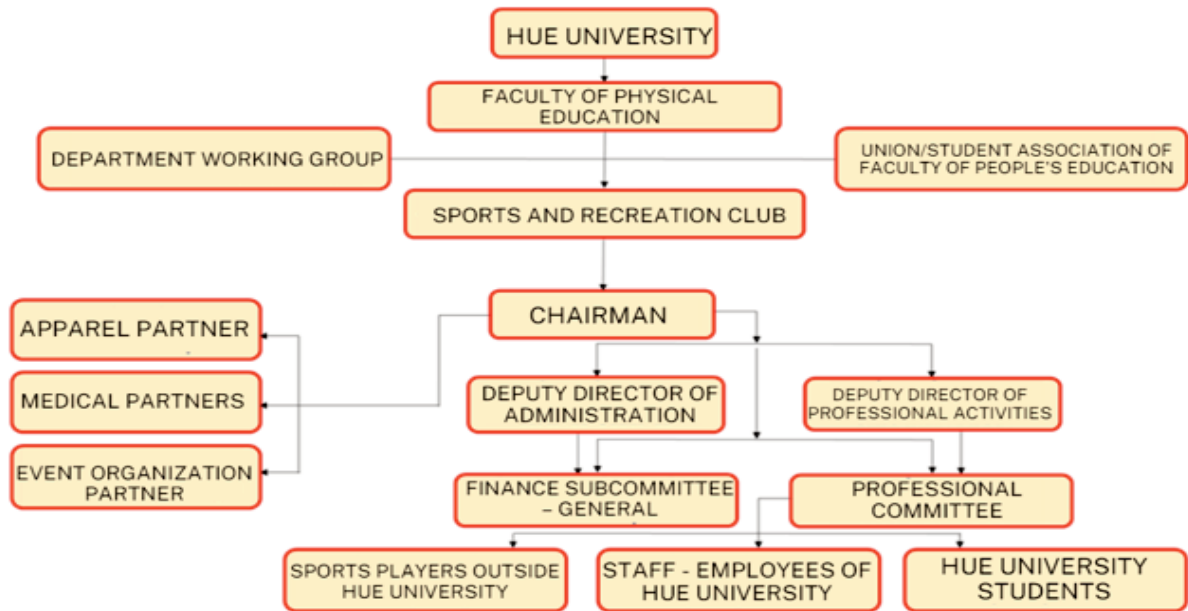


Diagram 1. Recreational Sports Club (RSC) Model for Hue University Students

model is a practical and timely solution, aligning with the broader context of sports development at Hue University and contributing to the advancement of Vietnamese sports. By identifying criteria for building RSCs, this study employed sociological surveys targeting lecturers and experts to define specific criteria. The selected model comprises a hierarchical structure: Board of Directors/Department/RSC/Executive Board/Sponsors/Sub-committees. This structure incorporates: An Executive Board, including two Deputy Leaders. Sponsors. Sub-committees, including a Finance and Administration Sub-committee and a Technical Sub-committee. The membership base includes students, faculty, staff, and other sports practitioners. This structure ensures both inclusivity and efficiency in fostering sports activities.

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Main responsible: Nguyen The Tinh
 Email: thetinhdhh078@gmail.com)