

SPORT FOR ALL IN THE PERIOD OF DEVELOPMENT AND INTERNATIONAL INTEGRATION

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OVERVIEW OF SPORT AND SPORT FOR ALL

Sport plays an important role in modern society as a tool for creating the dynamism of society, as well as for shaping the strategy of living for all. Exercise helps to form the basic principles of healthy living, maintain and improve health, learn to overcome difficulties, and work effectively. Sports activities are also used for political purposes - for the creation of images for each country, as well as the ability of the nation. In addition, sport at present is considered as a profitable business.

Sports activities reflect the basic features of human culture, which can influence the social and cultural fields (which is a national idea, promoting the development of society on the principle of fair play, with the purpose of reaching records, overcoming difficulties).

Sport (abbreviation of disport - meant "to carry away", especially "to carry away from work" and, by extension, "amusement" or "recreation") is a historic activity that mention about anticipating technical preparation and competitive activity. There is a systematic organization of competitions and training sessions by a combination of different physical exercises. Sport aims to strengthen the health and development of human general health, high achievement and victory in the competition. At the same time, it is part of the physical culture.

Based on the level of preparation and sports skill, sports are divided into two categories: Elite Sport (large scale) and Sport for All (small scale).

Elite sport is one part of sport in which athletes are oriented to compete and reach high records in national and international competitions. Elite sport is also dealt with stages of developing achievement and longevity of playing.

Sport for All is also a part of sport which is included beginning stages of training in many years as well as making it perfectly.

In reality, it is difficult to define clearly a boundary between Elite Sport and Sport for All. Each type may have limitation and specific conditions as ranking, title, records, competing in a certain scale...

SPORT FOR ALL MOVEMENT

On a practical basis, the development of sport is associated with the social trend is called the "Sports Movement." Today, it is a social trend that involves exposure, expansion, adaptation and sports development has now expanded globally, becoming an international movement of human beings (the Olympic Movement and other forms of international sports movement, in which there one part is called "Sport for All", organized under the auspices of UNESCO.) At the same time, in which the forms of regional sports movement do not lose the identity of the culture. Simultaneously, they are developed according to the typical characteristics of social formation. The interaction of national and international is one of the roots of sport progress.

The idea of "Sport for All" was first used in 1919 by Pierre de Coubertin, founder of the modern Olympic Movement. He argued that it was necessary to transform sport into a positive - time way not only for privileged young people, but also for all social groups, including the working class.

From the Second World War to the late 1960s, this idea became a concrete movement that first appeared in North and West Europe. Today, "Sports for All" is a common concept, referring to active rest (recovery of energy), development of sports programs with the participation of masses of people, as well as scientifically - based measures to streamline the free time and improve the health of all social groups - who support the Movement. This applies to any sport that the any person who does not have any serious professional activities that deal to Elite

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Sport. Therefore, the qualification, based on competition, is considered as minor factor.

In modern society, the social role of sport has changed and physical activity is considered one of the most important tools in popularizing healthy lifestyles. In the 60s of the last century, the idea of creating the "Sports for All" Movement appeared on the political agenda of industrialized countries. Late 1990s of the 20th century, the Movement attracted the participation of more than 100 countries on all continents.

Although the "Sports for All" Movement has now spread across the globe, there are still significant differences between countries due to their dependence on the economy, the level of awareness of the sport of each people in society, as well as the level of organization and tendency to develop state policies in the field of sport. In the early 1970s, many international political documents were signed to attract the potential of the sport to contribute to the process of creating social cohesion. Since then, the "Sports for All" Movement has received the support of many international organizations promoting cooperation and networking between nations and organizing events for the Movement. As its name implies, the "Sports for All" Movement is geared towards all social groups and generations, but there are special special groups, namely - the poor, the women, the elderly, immigrants, ethnic minorities and especially, disable people, who need a greater effort to exercise physically.

ORIENTATING RESEARCH ABOUT SPORT FOR ALL

So far, many researching directions on Sport for All have been established. The following are some important researchs for the development of Sport for All:

- Formulate an innovative approach to physical activity in different countries.
- Consult measures and policies to improve the physical strength of the diffirent objects through sport activities (elderly people, ethnic minorities, disable people, workers, farmers ...)
- Monitor and evaluate the physical development of the people in the society.

- Make a methodology of innovation in physical education for children and adolescents.

- Find out problems maintaining the state administration of physical education and sports training for children and adolescents.

- Systematize an information, material-technical facilities supply for the teaching-training process in educational institutions.

- To make methods and forms of training in elite sports is associated with physical education for adolescents and students.

- Set up methods to develop physical education and sports training programs for children and adolescents.

- Research acting reasons and methods in the field of physical education for adolescents and students.

- Research of demand of children and adolescents in a field of physical education.

- Find out solutions to enhance physical education and sports training for children, adolescents, students.

- Research matters dealing with developing Olympic, Paralympic Movement for all.

- Research matters dealing with physical education to disable people and not-healthy children.

- Physical education for children and adolescents, students living in areas with adverse ecological environment.

- Physical recovery issues for children in families and areas with difficult living conditions.

- Improve the model of training physical staff for children and adolescents.

- The issues that set up long - term training process for children, adolescents and adults.

- The method of evaluating the health of the sportsman.

- Development of the emotion and will of human by means and methods of physical education and sport.

- Develop and forecast the mobilizing ability and aptituding talent.

- Trends of developing physical culture in schools in the world.

- Physical and sport culture as social adaptation factors of different objects.

- Effective indicators of physical education and sports training for pre-school children and school students.

- Complete the training system for the reserved resource for elite sports.

From the above - mentioned orientations, it is possible to concretize into projects and programs as well as scientific and technological tasks which are suitable to each country and territory, serving the sustainable development of Sport for All.

PROSPECTS TO DEVELOP SPORT FOR ALL MOVEMENT

The current state of the sport for all is different in the global, and the challenges are various in different countries. However, the recognition of sport as a tool for health promotion in social affiliate projects around the world indicates that "Sports for All" can be considered as an important part of the world politic in the 21st century.

At the 13th Conference of Sport for All (held in Finland from 14 to 17 June 2010), a statement was adopted entitled "Encouraging Sport for All Movement: 'The benefits and strategies of the 21st century'" which contains the most important goals of the "Sports for All" Movement in the future. The main organizations and individuals to protect the Movement include:

- Sports federations which promotes the "Sports for All" Movement among people of all ages and levels, as well as implement active sports programs that emphasize the benefits of the sport and healthy living;

- National Olympic Committees, which stimulate, promote and organize "Sports for All" projects for all age groups, in collaboration with other sports organizations and others, as well as to form a Committee for the "Sports for All" Movement;

- Sports clubs and non - governmental organizations which provide out - of - school physical education programs for children and adolescents;

- Sports stars who are influenced as role models, to advocates for changes in the social and behavioral aspects of people to enhance motivation and healthy lifestyle;

- The International Olympic Committee outlines the principles of "Sports for All". The conference recognizes the obligation of all stakeholders of the "Sports for All" Movement, namely, individuals, families, parents, schools, services using labours, health services, non - governmental organizations, government agencies at all levels, shall take specific measures and acknowledge the need to unify all the forces of all relevant parties, coordinate their activities and formation of alliances to develop multi - levels, multi - objects. The most important goals of the Movement are as follows:

People of all ages should be involved in a variety of physical activities and sports, because different types of physical activity offer different health benefits;

Individuals should combine moderate - intensity exercise, such as walking and cycling (including using it as a transport means when it is possible) and leisure activities in everyday;

Members in a family should have a positive influence on others in physical activities, taking an active role in the school and community physical education and recreation activities, and providing suitable opportunities for children to participate in moving activities, including promoting their participation in sports programs, paying attention to their talents and hobbies;

Health care services should cooperate more closely with the sport movement at all levels;

Schools should cooperate with the private sector of the economy, government agencies and community groups to ensure that children have access to necessary sports facilities and resources, including appropriate equipment for physical programs;

Physical education and extra - curricular programs need to be broadened and improved to provide day - to - day recreation, including exercise programs and various sports competitions;

Relevant government agencies should develop a basic learning program, including obligatory physical preparation, by improving the quality and quantity of physical education times, as well as the dissemination of

information regarding the use of a nutritional diet and physical activity;

Government agencies and local authorities should coordinate with schools in signing agreements that allow the use of sports facilities, playgrounds and local entertaining centers, sports clubs and non -governmental organizations, serving for extracurricular activities;

National and local authorities which have power and responsibility of taking care of community health care should pay attention to the economic, social and health benefits of increasing the mobilization of citizens in the development of sports, entertainment and urban policies, including supplying public areas for sports and entertainment.

SPORT FOR ALL ACTIVITIES IN VIETNAM DURING THE PERIOD OF DEVELOPMENT AND INTERNATIONAL INTEGRATION

As the changing and developing world sport, the Party and Government of Viet Nam are always concerned about the people health care and physical improvement, and considered as an important task in socio - economic development and security and defense ensurement. The task of building and defending the Fatherland requires the people to have good health and physical strength... Sporting is an effective way to strengthen the national labours a and defense force and that is the recommendation of President Ho Chi Minh to our people in calling for the people to exercise from the first day of building the Democratic Republic of Vietnam: "People is healthy, country is prosperous". Up to now, the Party and State of Vietnam have continuously paid attention to and directed the country's sports branch to strive to achieve this important goal.

The Law on Sport, passed by the 11th National Assembly of the Socialist Republic of Vietnam at its 10th session on 29 November 2006, is an important legal document for the management of sport in the period of renovating, creating a legal corridor for Vietnam's sports to develop in the right direction: for the health and happiness of the people, for the cause of building and defending the Fatherland.

To implement the strategy of sport

development in the renovating period: "To set up a national strategy for improving the health and stature of Vietnamese people, increasing life expectancy and improving the race's quality; Strengthening the youth's physical strength; Develop sports strongly, combining sports for all and elite sport, tradition and modern; Adopt appropriate policies and mechanisms for improving and developing talents, reaching Vietnam sport to a higher position in the region, approaching step by step the continent and the world in the sport which are strong in Vietnam. The strategy of Vietnam's sports development to 2020 sets out specific tasks and steps to institutionalize our Party's viewpoints and policies towards the development of Vietnam's sport in the period of international integration, contributing to the creation of a human resource with enough intelligence and strength to turn our country into a modern industrialized country by 2020.

The developing orientation of sport in Vietnam is defined as: 1) Sport development is an important factor in the socio - economic development policy of the country to foster and promote the human factor, strengthen physical strength, body, increase the life expectancy of Vietnamese people and healthy lifestyle of youth. Sport development is the responsibility of the Party committees, authorities, mass organizations, social organizations and the entire people; The sports sector plays a key role in implementing the Party's and State's sports development policies; 2) To develop sports synchronously in schools, armed forces, communes, wards and townships with the development of elite sports and professional sports; 3) To socialize sports activities, combining physical training and sport business with the provision of public services according to the provisions of law. Extending international sport exchange and cooperation.

Recently, Viet Nam has achieved many achievements in the development of Sport for All, as evidenced by the development of a number of statistical index on Sport for All in Vietnam for the 2009 - 2016 period (Table 1).

In the past years, along with professional



Table 1. Statistical index on Sport for All in Vietnam (2009-2016)

No	Data (%)	2009	2010	2011	2012	2013	2014	2015	2016
1	The rate of people exercising regularly	23.2	23.6	24.1	25.49	27.2	27.3	28.3	29.53
2	The rate of sport families	14.18	15.8	16	16.6	18.6	19	20.1	21.2
3	Number of schools assuring physical education program	28.38	28.38	95	95.5	95	97	100	100

activities, scientific research activities in Vietnam have contributed positively to the management and development of Sport for All, specially “ The master scheme on physical and stature development of the Vietnamese people in the 2011-2020 period (Project 641 for short) which is the national project. The scheme was approved by the Prime Minister in 2011, divided into two 10 years periods. The scheme consists of 4 programs. In particular, the program 1 "Research, implement and apply the main factors affecting the physical strength and stature of Vietnamese people" and program 2 "Nutrition Care combined with relevant health care and quality of population programs "(responsible by Ministry of Health). Program 3 "Develop physic and stature by strengthening physical education for pupils from 3 to 18 years old" and program 4 "Promotion, education, awareness and changing social behaviour about development of physical strength and stature of Vietnamese people"(responsible by the Ministry of Culture, Sports and Tourism).

Bac Ninh Sport University is one of the

specialized college belonging to the Ministry of Culture, Sports and Tourism. During 58 years of development, with positive contributions to the cause of education and training, as well as the development of sports in Vietnam, Bac Ninh Sport University aims to become a key university of Culture, Sports and Tourism by 2020. In the process of developing, the task of scientific research and technological development has always been identified as a key mission together with the training..

Facing to the trend of renovation and improvement of training quality of universities nowadays, Bac Ninh Sport University has been trying to reach many achievements in science and technology. The university has presided over a number of national and ministerial-level scientific and technological projects and, serving to the socio-economic development in general and Sport for All in particular (Table 2).

It is expected that by 2018, the university will deploy 1 national level project, 1 ministerial - level science - technology program, 1 ministerial - level science and technology project. Those

Table 2. List of National and Ministerial - level projects and themes presided over by Bac Ninh Sport University in the 2009 - 2017 period

No	Names of projects/themes	Administrative level	Starting year	Finishing year	Notes
1	Solutions for the development of the sports and physical education in Vietnam in the period of international integration (under the program "Scientific research on economic development and economic management in Vietnam up to 2020") - Including 10 minor topics	National	2012	2014	Approved
2	Research on solutions and policies on physical development, contributing to improving the quality of human resources for ethnic minorities up to 2030 (Under the program "Basic and urgent issues on ethnic minorities and ethnic group policies in Vietnam until 2030 ") - Including 6 minor topics	National	2017	2019	Implementing
3	Checking scientifically the content of teaching and indicators for examining and evaluating the professional capacity of bachelors of physical education and sport training.	Ministerial	2009	2012	Approved
4	Set up a criteria for assessing the recovery of elite athletes after physical exercise	Ministerial	2009	2012	Approved
5	Study and set up a power training program on treadmill	Ministrial	2009	2012	Approved
6	Study changes in chemical – biomedical index in various forms of physical activity	Ministerial	2009	2012	Approved
7	Assess the current status of training and demand for sport human resources to 2020 in the northern provinces.	Ministerial	2010	2013	Approved
8	Research the progress of physical development of primary school pupils from grade 1 to grade 12	Ministerial	2002	2015	Approved
9	Improve the performance of national coaches	Ministerial	2014	2016	Approved
10	Set up an extra-curricular physical education program for high school students in northern of Vietnam	Ministerial	2016	2017	Implementing
11	Project of setting up National standard: General safety requirements and testing methods	Ministerial	2016	2017	Implementing
12	Project of setting up National standard: Safety requirements and testing methods for ladders, ladders and handrails of ladders; Additional specific safety requirements and test methods for suction, discharge and water or air treatment.	Ministerial	2017	2018	Implementing

are:

- National level theme: "Adaptive Policy and Measures for Disable People with Physical Activity" - under the Science and Technology Program: "Research on key issues in social sciences and humanities to serve socio-economic development”;

- Ministerial Science and Technology Program: “ Research Sport for All, meeting the demand of stable development” (including 11

minor topics);

- Project of setting up National standard: “Pool equipment - Safety requirements and test methods for the platform; Safety requirements and test methods for swimming lines and path”.

However, not only above, in the coming time, Bac Ninh Sport University is continuing to increase resources for scientific and technological activities, in which pay attention to research sport for all cooperate under the



protocol. Hopefully, the university's efforts will contribute positively to the socio - economic development as well as national and international Sports for All Movement.

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