

REALITY AND SOLUTIONS TO IMPROVE THE 3RD YEAR FEMALE STUDENTS' PHYSICAL EDUCATIONAL QUALITY AT HO CHI MINH CITY UNIVERSITY OF EDUCATION

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Abstract:

This article deals with the actual physical situation of female students in the 3rd year of Ho Chi Minh City University of Pedagogy. Thereby, some solutions are proposed to improve the quality of physical education (PE) for students in the current period.

Key words: physical education, morphology, physical, resident female students, HCMC University of Education...

INTRODUCTION

Implementing the physical education program of HCMC University of Education has made remarkable progress in teaching the content of the physical education subject, many improvements in the standard curriculum framework, teaching methods, and many solutions. However, with the current innovations and progress, the work of physical education still, not meet the requirements of education and training objectives. It needs to be analyzed and assessed to find specific solutions with aim to improve the physical education of students. Therefore, research on solutions to improve the quality of education for stay-in female students is very necessary.

RESEARCH METHODS

The research methods used include: Analysis and synthesis of materials; Interview method by votes; Medical examination methods; Anthropometric method; Pedagogical examination method; Statistical methods

Research subjects are 200 stay-in female students in the 3rd year of HCMC University of Education.

RESULTS AND DISCUSSION

1. Actual physical condition of stay-in female students in the third year of the HCMC University of Education

To assess the physical condition of female students in the 3rd year of HCMC University of Education, we conducted a physical examination and evaluation of morphological, functional and physical parameters which are widely used in the national research program. Include:

Diagram: Height (cm); Weight (kg); BMI (kg /m²).

Function: Heart function.

Fitness: 30 meters sprinting (s); On-the-spot long jump (cm); Do crunches for 30 seconds (times); flexible body bending (cm); Push-up in 30 seconds (times); Hand grip strength (kg); 4 x 10m Rhombus shaped running (s); Run 5 minutes depending on physical fitness (m).

Results of the indicators, tests are calculated basic statistical parameters such as: s, Cv, ε. The results show that:

Morphology: The high homogeneity index (means the small scattering variation) between study individuals (Cv <10%) was the vertical height and BMI (kg / m²). According to the World Health Organization (WHO) and Asian (IDI & WPRO) standards, the BMI of third-year female students is rated Medium, good weight (18.5 - 24.9), because the average value is 19.56. The mean (10% <Cv <20%) of the individuals was weight. The sample mean of the morphological parameters is sufficiently

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representative ($\varepsilon < 0.05$) so that the next analysis and evaluation can be based on that.

Function: Heart rate index has a coefficient of variation (C_v) of 10% - 20% so the samples have average homogeneity and the sample mean is sufficiently reliable ($\varepsilon \leq 0.05$) to be able to base on that basis, carry out further analysis.

Based on the results of classification of female students in Ho Chi Minh City - a scientific project of the city of Nguyen Anh Tuan and colleagues. We found that the number of students with excellent heart rate was 13%,

good 7%, fair 55%, and weak, poor 50%. Thus, the index of heart function (HW) of female students in the 3rd year of the HCMC University of Education is mainly classified as medium and weak. This may be due to the fact that a third-year female student who has finished the physical training program should be less likely to be involved in physical activity, lack of physical facilities in practicing has considerable effect on the physiological function of the students.

Physical: The results are as shown in Table 1.

Table 1. Achievement summary of the physical assessing criteria of 3rd year stay-in female students' at HCM University of Education

No.	Test	$\bar{x}$	s	$C_v\%$	ε
1	30 meters sprinting (s)	6.17	0.57	9.25	0.01
2	On-the-spot long jump (cm)	162.7	18.72	11.5	0.02
3	Do crunches for 30 seconds (times)	12.05	4.4	36.49	0.05
4	flexible body bending (cm)	11.99	1.85	15.46	0.02
5	Push-up in 30 seconds (times)	14.75	5.05	34.27	0.04
6	Hand grip strength (kg)	21.92	4.21	19.23	0.03
7	4 x 10m Rhombus shaped running (s)	12.75	0.83	6.5	0.009
8	Run 5 minutes depending on physical fitness (m)	540.71	102.41	14.91	0.03

The results in Table 1 show that indicators that have high homogeneity are 30 meters sprinting (s), 4 x 10m Rhombus shaped running (s) ($C_v \leq 10\%$); Indicators with average homogeneity are On-the-spot long jump (cm), flexible body bending (cm), Hand grip strength (kg), Run 5 minutes depending on physical fitness (m) ($10\% \leq C_v \leq 20\%$); Indications of low homogeneity are doing crunches for 30 seconds (times), Push-up in 30 seconds (times) ($C_v > 20\%$).

Although the variation between individuals in the sample set is quite large in some of the above indices, all of the sample mean values are representative ($\varepsilon < 0.05$). that can be based on to carry out next analysis and evaluation.

Comparison of the actual physical status of female students in the 3rd year with the Vietnamese constant biology of same age and sex.

The results of the comparison of physical examination scores of female students in the 3rd year of HCM University of Education with the Vietnamese students at the same sex and age showed that: All the indexes on the morphology

of female students in the 3rd year in HCM University of Education are all higher than Vietnamese students of the same age group (according to Vietnamese physical situation in 2003). The development of morphological factors is in line with the laws of natural development of human beings, body balance development.

Height, weight, 30 meters sprinting of the 3rd year female students of HCM University of Education is higher than Vietnamese female students of the same age.

Indicators of heart function, on-the-spot long jump, push-up of female students in the third year of the HCM University of Education is better than the Vietnamese students of the same age

Indicators of doing crunches for 30 seconds of the 3rd year stay-in female students of HCM University of Education is equivalent to the same age of Vietnamese students.

IBM indicators, flexible body bending, hand grip strength, rhombus shaped running, 5 minutes running of the 3rd year female students

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of HCM University of Education is lower than the Vietnamese students of the same age.

2. Proposing some solutions to improve the quality of physical education for the 3rd year female students of HCM University of Education

Based on the results of the assessment of the

current situation, 08 solutions proposed to improve the quality of physical education for female students in the third year. Next is the interview with 200 stay-in female students in the 3rd year of HCMC University of Education. The results are shown in Table 2.

From the results shown in Table 2, the

Table 2. Summary of results of selecting solutions to improve the quality of physical education for 3rd year female students in HCM University of Education (n = 200)

No.	Solutions	Very necessary		Necessary		Unnecessary	
		n	%	n	%	n	%
1	Educate to raise awareness about position of physical education and school sports	200	100	-	-	-	-
2	Innovate teaching methods of physical education in the positive direction , develop the initiative and creativity of students during physical lesson.	86	43	69	34.5	45	22.5
3	Diversify the content and form of extra-curricular sports activities in a way that is closely linked to internal teaching and follows the physical education goals.	200	100	-	-	-	-
4	Set up plan and manage the professional self-improvement and pedagogical work for teachers.	85	42.5	42	21	73	36.5
5	Renovation of physical education classes according to students' health, fitness and aptitudes.	108	54	40	20	52	26
6	Increase the number of competition - organizing many competitions on the basis of creating conditions for each student to participate.	200	100	-	-	-	-
7	Renovation, procurement, supplementary equipment, upgrading technical facilities, courts and equipment for training.	200	100	-	-	-	-
8	Set up and put into operation sport clubs for cadres, teachers and students in the form of socialization under the direction of schools and organizations of Vietnamese student athletes.	193	96.5	7	3.5	-	-

solutions have been approved by the majority of respondents, but we choose only five solutions for there are opinions which over 75.00% of those opinions are in very necessary level. They are solution: 1, 3, 6, 7, 8.

CONCLUSION

The results of the study have evaluated the actual physical and health status of stay-in female students in the third year, the physics of students in the following years tend to decrease. At the same time, 05 solutions has been selected at first in order to improve the quality of physical education for the 3rd year stay-in female students at HCMC University of Education

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