

APPLICATION OF "SELF-EVALUATION METHOD" IN PHYSICAL EDUCATION PRACTICAL SKILLS FOR GENERRAL STUDENTS AT BAC NINH SPORT UNIVERSITY

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Abstract:

We have used self-evaluation method for learners to determine their level on regulated standards. Thereby they adjust their behavior and performance to meet the highest quality standard. The study has initially applied self-evaluation methods in physical education practical skills for general students in Bac Ninh Sport University.

Key words: Self-evaluation method; practical skills; general students, physical education...

INTRODUCTION

Self-evaluation in learning is the process helping learners collect and process information on knowledge acquisition, moral improvement, forming of learner's skills compared to teachers' requirements. The target of such method is to enable learners to determine their level on regulated standards thereby they adjust their behavior and performance to meet the highest quality standard. Bac Ninh Sport University has now applied credit-training program, methods on physical education examination. However, this evaluation method, in teaching, is in the "teacher judge students" form but the "self-evaluation at extracurricular hours

With the aim of reforming examination and evaluation method to improve the training effectiveness, the application of self-evaluation one for students is very necessary. The study introduces the results of application of "self-evaluation method" in physical education practical skills for general students at Bac Ninh Sport University, paralleled with results of the "external evaluation method" - evaluated by teachers in the physical education training program.

RESEARCH METHODS

In the research, we have used methods of analysis and synthesis of documents, Pedagogical examination and mathematical statistics.

RESULTS AND DISCUSSION

1. Implementation steps of self-evaluation on Physical Education practice skills for general students at Bac Ninh Sport University

- Content of the method: Students evaluate their practical skills in each subject in the curriculum (through extra-curricular hours or self-study hours). Teachers introduce the content and evaluation point scale of such method to the students before doing the self-evaluation. We compare the results obtained by the self-evaluation method with the results of the teacher's evaluation (during the test hours, the final exam, and the module of the subject, we so called "external evaluation").

- Steps for self-assessment:

+ Step 1: Based on the contents of the examination and assessment and the evaluation criteria of practical skills, the study has organized General Subject training for students of UC52 at Physical Education Faculty on how to check,

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Practice skills are extremely focused in teaching physical education at the Bac Ninh Sports University

transcripts, and evaluate practical skills in semester II in the subject curriculum. Based on that, students conduct their own evaluation for their practical skills during the semester (they can conduct self-evaluation in groups). They conduct self-evaluation process at the end of the semester, through their self-evaluation plan. At the end of the self-evaluation process, students report the results to the subject teachers for follow-up and comparison with the external evaluation.

+ Step 2: After completing the students' self-evaluation process, the study has conducted the external evaluation method. It means that teachers conduct process, also using the above evaluation tools (contents and the selected and developed point scale). Teachers also conduct the external evaluation process at the end of

semester II (a week after students' self-evaluation process).

We have made a comparison between evaluation results of these two methods to determine the effectiveness of the self-evaluation method that the study has developed and implemented.

We have conducted the study on 144 students (113 males and 31 females) studying General subject of UC52 Physical Education Faculty at Bac Ninh Sport

University. All of these 144 students are studying and practicing under the program of the 2nd semester of General subject in the 2016 - 2017 school year organized by Bac Ninh Sport University. We conduct Phase 1 and phase 2 of the pedagogical observation and examination monitoring and evaluation on the subject in the second semester of the school year, and the examination based the contents of the practical examination and evaluation according to the content of the subject.

2. Initial effectiveness evaluation of self-evaluation method on Physical Education practice skills for general students at Bac Ninh Sport University

We have carried out the application of self-evaluation method for selected object through the defined contents and point scale of the

Table 1. Comparison results of contents of Physical Education practice skills evaluation for general students at Bac Ninh Sport University between self-evaluation method and external evaluation method

No.	Gender	Test content	Evaluation methods ($\bar{x} \pm \delta$)		t	P
			External evaluation	Self-evaluation		
1	Male (n = 113)	Horizontal bar (point)	7.58 $\pm$ 2.42	7.68 $\pm$ 2.11	0.328	>0.05
2		Parallel bars (point)	7.34 $\pm$ 2.17	7.52 $\pm$ 2.04	0.368	>0.05
3	Female (n = 31)	Free exercises (point)	9.01 $\pm$ 1.17	9.11 $\pm$ 1.21	0.626	>0.05
4		Asymmetrical bars (point)	8.86 $\pm$ 1.44	8.92 $\pm$ 1.52	0.174	>0.05



To create a physical education skill, students are required to constantly strive for training in a long time

subject. The study synthesizes the results of self-evaluation and classification of practical skills on General subject of UC52 Physical Education Faculty students at Bac Ninh Sport University. The study has used statistical methods with the parameters include: $\bar{x}$, δ , CV etc. We have obtained different results on "self-evaluation method" and "external evaluation method" in contents of both male and female (with $Cv > 10\%$). The external evaluation method result is similar to the self-evaluation method. The results of the tests in both male and female are relatively uneven ($Cv > 10\%$). Thus, we can see that the Physical Education Practice skill of both males and females of UC52 Physical Education Faculty at Bac Ninh Sport University is quite dispersive.

After having results of the self-evaluation and external evaluation methods, the study has compared the results of the two methods. We carry out the comparison in both male and female through the student t-index.

The results shown in Table 1 show that there is no difference in the Physical Education practice skills of both male and female general students between two methods of self-evaluation and external evaluation methods, $t_{\text{calculation}} < t_{\text{table}} = 1.960$ at the probability threshold $P > 0.05$), which proves that the test results in the methods method are equal.

CONCLUSION

By using methods of pedagogical observation and examination in a semester, the study has identified a significant effect of the self-evaluation method for identifying physical education practice skills for general students at Bac Ninh Sport University. The two methods showed the similarity between the test results in four tests and evaluation items ($t_{\text{calculation}} < t_{\text{table}}$ at the probability threshold $P > 0.05$) between

the self-evaluation method and the external evaluation method out.

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