

REALITY AND ORIENTATION OF EXTRA – CURRICULAR SPORTS FOR NORTHERN SECONDARY SCHOOL STUDENTS IN VIETNAM

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Abstract:

The study has analyzed the real situation of physical strength according to the constitutional training standards and the participation, content and form of sports extra-curricular training for secondary school students in Northern Midland region. On such basis, we have determined the orientation of the content to be included in the sports extra-curricular program for secondary school students in Northern Midland Vietnam..

Key words: Extra-curricular sports, student's physical strength, secondary school, sports

INTRODUCTION

Strengthening the physical education and sport at schools, thereby developing the physical strength and raising the stature by students of general education at all levels has been an important orientation of the Party, the State and the related ministries and branches in our country. The extra-curricular activities are higher time-consuming and greater flexible ones than the sports curricular lessons, which will play an important role and extremely influence the physical strength development of students. Therefore, study on characteristics of the physical strength development by students in different areas is a basis to determine the orientation of selecting the appropriate sports to put into the sports curricular program for comprehensive physical strength development for students is important and necessary.

RESEARCH METHODS

The research has used the methods of analysis and synthesis of documents; interview and mathematical statistics.

RESULTS AND DISCUSSION

1. Reality of physical strength development of secondary school students in Northern Midland region

In order to determine the physical strength development of secondary school students in

Northern Midland region, the study has analyzed the results of physical strength examination of secondary school students in Northern Midland region at two times, including age of 11 (in 2008) and age of 14 (in 2011) according to the results of the constitutional examination phase 2 of the ministry level scientific research "Research on physical strength development of students at general education from grade 1 to 12 (from 2002 to 2013) ". The results are in Table 1.

The results in Table 1 show that at the initial secondary school age, the indexes of back and abdominal muscle endurance strength (test 2), the flexibility and speed (test 4) by students in Northern Midland region achieve good level in comparison with the constitutional training standards. However, the strength of endurance index (test 6) has not reached the constitutional training standards. The indexes of handgrip strength (test 1), spontaneous strength (test 5) and strength of speed (test 3) are only qualified. After four years of study, the results of physical strength examination by secondary school students in Northern Midland region have gained positive development but the strength of endurance index is still lower than constitutional training standards. Especially, the index of handgrip

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strength in test 1 (the index that allows to determine the body strength index) moves from qualified to unqualified level. This result proves that it is necessary to have training orientations to the development of unqualified indexes for students, thereby develop comprehensive physical strength aptitude for

secondary school students in the Northern Midland region.

2. Reality of sports extra-curricular activities of secondary school students in Northern Midland Viet Nam

The study has conducted a survey on the quality of physical education exercise between

Table 1. Physical strength development reality of secondary school students in Northern Midland region (in 2008 and 2011)

No	Criteria	Age of 11 (n=187)				Age of 14 (n=178)			
		Standards		Results		Standards		Results	
		Good	Qualified	$\bar{x}$	Classification	Good	Qualified	$\bar{x}$	Classification
1	Dominant handgrip strength (kg)	>21	≥17.4	17.55	Qualified	>34.9	≥28.2	28.08	Unqualified
2	Crunches (times/30s)	>14	≥ 9	14.8	Good	>17	≥ 12	19.8	Good
3	30 m standing start run (s)	<5.50	≤6.50	5.88	Qualified	<5.20	≤6.20	5.01	Good
4	4 x 10 m shuttle run (s)	<12.7	≤13.2	12.01	Good	<12.1	≤12.9	11.26	Good
5	Standing long jump (cm)	>170	≥152	155.5	Qualified	>204	≥183	185.98	Qualified
6	5-minute run (m)	>940	≥820	735.27	Unqualified	>980	≥880	841.21	Unqualified

classes, level of participation, form and content of sports extra-curricular activities of secondary school students in Northern Midland Vietnam. We have interviewed 49 staffs in charge of physical education run by educational institutions, physical education teachers at secondary schools in Bac Giang and Thai Nguyen provinces. The results show that:

- As for the actual quality of physical education exercises between classes (10 minutes): 62.74% of the respondents rate the quality of the physical education exercises between classes as average and low.

- As for the form of sports extra-curricular training: The most popular form of training is the practice in sports managed by the schools (54.9%).

- As for the contents of sports extra-curricular training: Most of the opinions say that secondary school students in Northern Midland region participate in modern sports (accounting for 68.63%), then movement games (accounting for 60.78%), ethnic sports are also the options of the students with 52.94%.

- As for the level of participation in sports extra-curricular training: 68.62% of opinions say that secondary school students in Northern Midland region regularly or never participate in the training.

3. Orientation of extra-curricular sports for secondary school students in Northern Midland Vietnam

To carry out the content of this study, we have interviewed 49 managers and teachers physical education at secondary schools in Northern Midland provinces on the related contents. Results of the interview show that 72.55% of opinions say that sports extra-curricular training is a suitable form to develop the physical strength for secondary schools students in Northern Midland Vietnam. Most modern sports are chosen to put into the sports extra-curricular program for the students, including Football (94.12%), Basketball and Badminton (68.63%). The option of Martial Arts and Aerobic Gymnastics is less.

Most of ethnic sports included in the sports extra-curricular program for secondary schools



Ethnic sports are very popular in extra-curricular sports practicing at secondary schools of mountainous area in Vietnam (Illustrated picture: Tug of war game)

students in Northern Midland Vietnam are Pushing Stick, Tug of War (80.39%) and Shuttlecock (54.90%).

Based on the analysis of the physical strength development and orientation of sport into the sports extra-curricular training program for secondary schools students in Northern Midland region, we can see that the selected modern and ethnic sports are well suitable to maintain the development of good physical strength aptitudes, simultaneously improve and develop the unqualified aptitudes of the student. Specifically: Modern sports as Soccer and Basketball will help to maintain and develop the aptitudes of speed, flexibility, and improve the strength of endurance for students and Badminton will help improve flexibility and jumping capacity for students. Besides, ethnic sports as Push Stick and Tug of War will help improve and develop the strength of handgrip for secondary schools students in Northern Midland Vietnam.

CONCLUSION

The analysis shows that most of the physical strength aptitudes of for secondary schools students in Northern Midland Vietnam have a good improvement but the development of the aptitudes as strength of endurance and handgrip is not qualified, specially the strength of handgrip.

The physical education exercises between classes for secondary schools students in

Northern Midland Vietnam need to have adjustments for further quality improvement.

Secondary school students in the Northern Midland region irregularly participate in sports extra-curricular training activities, so it is necessary to strengthen the organization for students to participate in the activities. On the other hand, to improve unqualified physical strength aptitudes for students, thereby comprehensively develop the physical strength for secondary school students in the

Northern Midland region, it is also necessary to put into the sports extra-curricular training program such modern sports as Football, Basketball, Badminton and ethnic sports as Push Stick, Tug of War and Shuttlecocks.

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