

REALITY OF SELF-AWARENESS AND ACTIVENESS IN SPORTS MEASUREMENT CLASS BY STUDENTS AT BAC NINH SPORT UNIVERSITY

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Abstract:

Basing on the common research methods in sports, the study has identified 17 criteria, thereby assessing the status quo of self-awareness and activeness in the Sports Measurement class by students at Bac Ninh Sport University, as the basis for understanding causes and proposing solutions.

Key words: Self-awareness, activeness, Sports Measurement class, status quo....

INTRODUCTION

Sports Measurement is a science of methodology applied in almost fields of sports, which is an important subject for students of Sports Universities. Study results show that many students are not self-aware and active in the learning process. Therefore, selection of methods to increase their self-awareness and activeness is necessary.

RESEARCH METHODS

The research has used the methods of document analysis and synthesis, interview and discussion, pedagogical observation, mathematical statistics.

RESULTS AND DISCUSSION

1. Determination of criteria for assessing self-consciousness, activeness in the Sports Measurement class by students at Bac Ninh Sport University

To select the appropriate criteria, we have conducted an interview with 30 lecturers teaching theoretical subjects. The content of the criteria is asked at 5 levels (Very necessary of 5 points, Necessary of 4 points, Normal of 3 points, Less necessary of 2 points and Unnecessary of 1 point, and divided into 5 gaps of evaluation respectively). The results presented in Table 1.

Based on the results of Table 1, the study has selected 17 suitable criteria to assess self-awareness and activeness of students (evaluated at very necessary level (Average point €[4.2 - 5]), according to the evaluation gaps in Likert scale.

2. Current situation of self-consciousness, activeness in the Sports Measurement class by students at Bac Ninh Sport University

Based on 17 selected criteria, the study has interviewed 256 students to understand the current situation of their self-consciousness and activeness. The results presented in Table 2.

The results of Table 2 show that there are numerous limitations in self-consciousness and activeness in Sports Measurement class by the students. Specifically, many students express rather cursory emotion and lack of activeness and effort in learning, not really pay attention during the class. Besides, there is a large number of students absent or belated to the class. Many students are not active in exercise hours, assignment and discussion with teacher. The number of students who know how to apply learning results to the practice of work is low.

To evaluate the expressions of students' perceptions on the Sports Measurement, we have conducted the statistics of the examination results of 256 students of University course 50 by 2 criteria 16, 17. The study results of the Sports Measurement presented in table 3.

Analysis of the results in Table 3 shows that the average point of students in all three types of points of consciousness, mid-term test and final test are low and uneven ($C_v > 10\%$), the number of Excellent and Very good students is small and the number of Average and Weak students is still large.

To be more objective, we continue to interview the teachers of the Sports

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Table 2: Results of interviews with students on self-assessment and activeness in Sports Measurement class (n = 256)

No.	Content	Answer	Results		
			m_i	%	Rank
1	Do you like study Sports Measurement?	Yes	50	19.53	3
		Normal	126	49.22	1
		No	80	31.25	2
2	How do you find the necessary level of Sports Measurement?	Necessary	75	29.3	3
		Normal	99	38.67	1
		Unnecessary	82	32.03	2
3	What is your mood when you gain "Qualified" result in Sports Measurement?	Happy	106	41.41	2
		Normal	150	58.59	1
		Unhappy	0	0	3
4	What is your mood when you gain "Unqualified" result in Sports Measurement?	Sad	100	39.06	2
		Normal	126	49.22	1
		Not sad	30	11.72	3
5	Do you listen to teacher during the Sports Measurement class?	Yes	50	19.53	3
		Normal	127	49.61	1
		No	79	30.86	2
6	Do you pay attention to formulas introduced by teacher during the Sports Measurement class?	Yes	55	21.48	3
		Normal	131	51.17	1
		No	70	27.34	2
7	Do you try to complete exercises given by teacher in the Sports measurement class?	Yes	96	37.5	2
		Normal	113	44.14	1
		No	47	18.36	3
8	Do you often participate in extra- curricular learning?	Yes	45	17.58	3
		Sometimes	98	38.28	2
		No	113	44.14	1
9	Are you not absent at any Sports Measurement class?	No	68	26.56	2
		1 – 3	152	59.38	1
		More than 3	36	14.06	3
10	Do you often arrive at class late?	No	60	23.44	3
		1 – 3	107	41.8	1
		More than 3	89	34.77	2
11	Do you actively express your ideas to the class?	Yes	60	23.44	3
		Normal	112	43.75	1
		No	84	32.81	2
12	Do you seriously take notes the lecture?	Usually	129	50.39	1
		Sometimes	72	28.13	2
		Never	55	21.48	3
13	Do you work personally during the class?	Usually	60	23.44	3
		Sometimes	84	32.81	2
		Never	112	43.75	1
14	Do you actively discuss lesson with teacher?	Usually	55	21.48	3
		Sometimes	80	31.25	2
		Never	121	47.27	1
15	Do you actively discuss with friends during class?	Usually	52	20.31	3
		Sometimes	97	37.89	2
		Never	107	41.8	1
16	Do you often read related references?	Usually	58	22.66	3
		Sometimes	91	35.55	2
		Never	107	41.8	1
17	Do you actively review before and after class?	Usually	77	30.08	2
		Sometimes	127	49.61	1
		Never	52	20.31	3

Table 1: Results of interviews with criteria for evaluating self-assessment and activeness in Sports Measurement class by students at Bac Ninh Sport University (n = 30)

No.	Content	Results					S	Average
		5	4	3	2	1		
1	Attitude towards subject	25	5				145	4.83
2	Moods with subject results	20	5	3	2		133	4.43
3	Listen to teacher	20	6	3	1		135	4.5
4	Pay attention to formulas introduced by teacher	20	4	4	2		132	4.4
5	Try to complete exercises given by teacher in class.	25	3	2			143	4.77
6	Be actively involved in extra- curricular learning.	18	7	3	2		131	4.37
7	Be not absent at Sports Measurement class	18	7	4	1		132	4.4
8	Arrive at class on time.	18	6	4	2		130	4.33
9	Seriously take notes the lecture	17	6	4	3		127	4.23
10	Actively express your ideas to the class	15	10	3	1	1	127	4.23
11	Do not work personally during the class	20	5	3	2		133	4.43
12	Ask teacher about unknown problems	22	4	3	1		137	4.57
13	Actively discuss with friends during class	18	5	5	1	1	128	4.27
14	Actively review before and after class	18	6	5	1		131	4.37
15	Time spent on Sports Measurement	4	6	12	4	4	92	3.07
16	Refer related materials	18	6	4	2		130	4.33
17	Learning results of Sports Measurement	22	6	2			140	4.67
18	Contact some issues in practice	20	4	4	2		132	4.4

Table 3: Study results of Sports Measurement by students of University course 50 at Bac Ninh Sport University (n = 256)

Content	Typical parameter			Outcomes							
			Cv(%)	Very good-Excellent		Good		Average		Weak	
				m _i	%	m _i	%	m _i	%	m _i	%
Points of Consciousness	7.34	0.72	9.81	65	25.39	97	37.89	70	27.34	24	9.38
Point of Mid-term Test	7.12	1.03	14.47	50	19.53	105	41.02	68	26.56	33	12.89
Point of Test	6.62	1.35	20.39	37	14.45	75	29.3	73	28.52	71	27.73
Point of Final test	6.47	0.82	12.67	28	10.94	48	18.75	120	46.88	60	23.44

Measurement about the expression of students in the class. The results of interviews with teachers are similar to the results of interviews with students. As teachers have evaluated, many students have not really listened to lectures, paid attention to the formulations mentioned by teachers, taken notes the lecture and done exercises, actively expressed their ideas and expressed self-conscious and active attitude in learning.

CONCLUSION

The results of the study have selected 17 criteria as a basis for assessing the real situation of students' self-consciousness and activeness in the Sports Measurement class through their emotion, attention, effort as well as behaviors during the learning process to understand the

causes and propose appropriate solutions.

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