

RESULTS OF TEACHING PHYSICAL EDUCATION FOR STUDENTS AT THAI NGUYEN UNIVERSITY OF EDUCATION

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Abstract:

From the research results, the article focuses on analyzing the results of teaching physical education for female students at Thai Nguyen University of Education. The results of teaching physical education are presented in analyzing and evaluating the following contents: Physical education study results; Results of physical fitness classification of female students at Thai Nguyen University of Education.

Key words: Results, physical education, female students, university, Thai Nguyen...

INTRODUCTION

In addition to the professional training, Thai Nguyen University of Education is very interested in physical education, comprehensive education. However, the quality and efficiency of teaching physical education are not high. Students still have limitations in studying physical education and practicing extra-curricular activities to improve their physical fitness. Therefore, the study evaluated the general results of teaching physical education for non-specialized female students in the current period is very urgent. Particularly about the results of studying physical education, ranking the general fitness.

RESEARCH METHODS

The research used the following research methods: analyzing and synthesizing materials; Pedagogical examination; Biomedical examination; mathematical statistics.

RESULTS AND DISCUSSION

To determine the reality of practicing physical education of female students at Thai Nguyen University of Education, the research process has evaluated at the time of 2014-2015, based on three requirement contents:

- Theoretical knowledge on physical education: Through general theory points and technical theory points.

- Practical skills: The ability to perform sports techniques is assessed through the tests' scores, end of term tests.

- General physical fitness test: Examine the students' physical fitness according to the requirements of the students' fitness standards issued by the Ministry of Education and Training (Decision No. 53/2008 / QD-BGDDT).

Subjects tested and surveyed included 4035 non-specialized female students, sessions 47, 48 and 49. The data collected during the survey were taken from the test results stored in the teaching and study managing office of the faculty.

1. The current status of the study results of subjects in the physical education program of students at Thai Nguyen University of Education

Theoretical and practical examinations are included in the official curriculum of the Faculty of Physical Education, with scales, rules and standards for evaluating study results.

The student's theory and practice scores from year 2014-2015 are the general average scores of the theoretical and practical contents of the study units relevant to first year, second year and third year. The results are shown in Table 1.

The results from Table 1 show that:

- The theoretical score was low in the first

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Table 1. Theoretical and practical study results of physical education subjects of female students at Thai Nguyen University of Education in 2014-2015

Subject	Content	First Year (n = 1.380)			Second Year (n = 1.205)			Third Year (n = 1.450)		
		Good (%)	Pass (%)	Fail (%)	Good (%)	Pass (%)	Fail (%)	Good (%)	Pass (%)	Fail (%)
Physical Education	Theory	2.12	40.57	57.31	5.44	50.78	43.78	6.23	51.14	42.63
	Practice	12.1	62.39	25.51	13.16	65.18	21.66	14.56	68.14	17.3

year and increased slightly in the second and third years. The number of students who did not pass the theoretical scores in the first year was high (57.31%) and decreased in the third year (42.63%). The number of good theoretical scores were not high (from 2.12% to 6.23%).

- In terms of practice scores, the number of students who failed in the first year was quite high, accounting for 25.51%, in the second year it was reduced to 21.66% and the third year was 19.60%. Although the pass rate was 62.39% in the first year, 65.18 in the second year and 68.14 in the third year, there weren't many good scores (12.10% to 14.56%).

2. Reality of general fitness level of students of Thai Nguyen University of Education

The study conducted the survey of general fitness of students through contents, classification standards issued by the Ministry

of Education and Training. The data collected during the survey process is directly tested and concurrently taken from the test results stored at the Department of Physical Education of the school.

Checking contents include: Forehand grip strength (kg); Crunches (times/30s); On-the-spot long jump (cm); 30 running with sprint start (s); 4 x 10m rhombus shaped running (s); 5 minutes running depending on physical condition (minutes\m). The results are shown in Table 2

From the results obtained in Table 2, the percentage of students passed each norm of physical fitness ranking standard increased gradually from the first year to the third year, but the increase was not much. The number of students meeting the norms of strength evaluation is quite high:

Table 2. Results of examination and evaluation of general physical fitness of female students at Thai Nguyen University of Education in 2014-2015

No.	Test content	First Year (n=1.380)			Second Year (n=1.205)			Third Year (n=1.450)		
		Pass level	$\bar{x} \pm \delta$	Rate %	Pass level	$\bar{x} \pm \delta$	Rate %	Pass level	$\bar{x} \pm \delta$	Rate %
1	Forehand grip strength (kg)	≥ 26.50	26.53 ± 3.08	66.2	≥ 26.70	26.78 ± 2.83	68.45	≥ 26.90	27.09 ± 2.91	69.75
2	Crunches (times/30s)	≥ 15	14.37 ± 1.61	46.01	≥ 16	15.57 ± 1.77	47.59	≥ 17	16.88 ± 1.95	49.58
3	On-the-spot long jump (cm)	≥ 151	152.15 ± 18.5	70.89	≥ 153	153.38 ± 18.04	77.01	≥ 155	158.84 ± 18.89	78.15
4	30 running with sprint start (s)	≤ 6.80	6.83 ± 0.85	48.36	≤ 6.70	6.72 ± 0.79	49.2	≤ 6.60	6.61 ± 0.79	50
5	4 x 10m rhombus shaped running (s)	≤ 13.10	13.48 ± 1.59	40.85	≤ 13.00	13.21 ± 1.59	45.99	≤ 12.90	12.97 ± 1.57	47.48
6	5 minutes running depending on physical condition (minutes\m)	≥ 850	841.03 ± 98.74	31.92	≥ 870	855.44 ± 92.13	35.83	≥ 890	878.76 ± 95.43	40.76



Sports lesson of female students of Bac Ninh Sport University

Upper limb strength (forehand grip strength): 66.20% to 69.75%.

Lower limb strength (on-the-spot long jump): 70.89% to 78.15%.

The number of students achieved standard speed is relatively low: 48.36% to 50.00%.

The number of students achieved the stamina norm was very low, accounting for only 31.92% to 40.76%.

In terms of the rate of students who have average physical fitness standards in all the content is only 53.98%, which meet the requirements.

The cause of this situation is due to the teaching in the curriculum did not meet the task of raising awareness and physical development of female students. At the same time, it was proved that the students did not practice sports according to physical fitness classification standards, and did not pay much attention to the subject and the position of the subject in teaching physical education and physical training. In addition, the conditions of the physical education and sports of the school has not encouraged and met the training requirements of female students, lack of policy and organization of training guidelines.

CONCLUSION

The study results of physical education of non-specialized female students at Thai Nguyen University of Education are not high. Female students have not fully grasped the necessary

theoretical knowledge and practical skills in physical education in the official curriculum according to the regulations of the Ministry of Education and Training. That partly reflects the current situation of the teaching methods has not attracted the interest and excitement in practicing of non-professional female students.

Despite the development of general physical fitness through the years from the first year to the third year, the development is slow. The general fitness level of female students at Thai Nguyen University of Education is still low. The majority of students have a growth in strength, but the speed, flexibility, and durability, the number of students who meet the requirements is relatively low.

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