



SOLUTIONS TO IMPROVE THE EFFECTIVENESS OF PHYSICAL EDUCATION FOR STUDENTS AT CHU VAN AN HIGH SCHOOL, THAI NGUYEN PROVINCE, VIETNAM

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Abstract:

Introduction: Physical education is a part of Physical Education and Sports, which is one of the basic activities with a clear orientation of Physical Education and Sports in society, which is an organizational process to transmit and absorb the values of physical education and sports in the education system, or general education of the school.

Materials: The article considers the results of the author's research in the article assessing the status of physical education work of students at Chu Van An High School, Thai Nguyen Province to serve as a basis for the development of measures. improve the effectiveness of physical education in schools. **Research methods:** Using basic scientific research methods such as pedagogical observation, survey, interview, and statistical mathematics, the paper has developed solutions to improve the effectiveness of physical education for students at Chu Van An High School, Thai Nguyen Province, Vietnam.

Results: As a result, on the basis of theoretical and practical research, the article has selected 6 measures to improve the effectiveness of the physical education work of the school. These six measures received the agreement and approval of school officials and teachers (over 90%) while ensuring practicality, feasibility, uniformity and scientificity.

Conclusion: The solutions developed by the project will serve as a foundation for practical application to improve the effectiveness of physical education at Chu Van An High School, Thai Nguyen Province, Vietnam.

Keywords: solution; physical education work; pupil; high school; Chu Van An; Vietnam

1. Introduction

General education plays an important role in creating a person's intellectual level and meeting the requirements of developing the quality of human resources and the socio-

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economic situation of each country. In today's era with the development rate as the weapon of science, technology, and innovation, the integration of the 4.0 technology revolution requires general education to make strong strides to help students develop comprehensively in moral, intellectual, physical, aesthetic, and basic skills, forming the integrity of the socialist Vietnamese people and preparing them to continue their education or go into creative working lives, participating in building and protecting the country's homeland [1].

The school physical education system over the years has developed significantly, contributing positively to the cause of educational development. The vast majority of high schools from primary to high school and university level are staffed with a sufficient number of physical education teachers. Subject programs are designed to ensure the interconnection between education levels and levels of study in terms of content and objectives of education and nurture. The training organization has gone into order. The subject results have become the criteria for evaluating the learning process of students. The Phu Dong Health Association at all levels and the Student Physical Education Congress have gradually affirmed their position and role in school life, becoming one of the official physical education programs of the country [2], [4].

Chu Van An High School is a school in the Thai Nguyen Province of Vietnam, the school has always been the spearhead of mass-quality education, but physical education has not been paid enough attention. Although physical education has long been a compulsory main subject in the curriculum at all levels and disciplines, so far in Chu Van An High School, this work has not met some aspects, such as facilities are lacking, quality is not guaranteed, the teaching staff is still limited in terms of professional qualifications, the management capacity is still weak. School sports have not really become a far-reaching and sustainable movement; physical education and sports activities have not yet become the content of educational activities and mass activities in schools; school administrators and homeroom teachers have not really paid attention and have not developed a proper awareness of the role and effects of physical education as a school substance. Therefore, it is very necessary and urgent to develop appropriate and practical solutions to improve the effectiveness of physical education for students at the school [3].

2. Material and methods

To build the solution, we used the following research methods:

- Method of analysis and synthesis of documents: The process of using this research method to build a theoretical basis for the formulation of solutions to the topic. Sources include: documents or research works of domestic authors; Specialized journals, proceedings of exercise and sports science conferences; Party and State management documents on physical education and physical education in schools; Policy guidelines and training strategies of the Ministry of Education and Training, textbooks, high school curriculum, theoretical, psychological and physiological books.

- Interview and discussion methods.: A method used to collect research data on the field of study. The topic conducted interviews with 30 teachers and administrators of Chu Van An High School, thereby identifying, selecting, and developing measures to organize, manage and teach to develop physical development for students.
- Pedagogical observation method: Through observing physical education lessons at Chu Van An High School to collect information from which to identify the aspects of existence, difficulties, and limitations to the effectiveness of students' lessons, as a basis for choosing measures to improve the quality of physical education of students.
- Statistical mathematical method: This method is used in the analysis and processing of data collected during the research of the topic [15].

3. Research results and discussions

3.1 Rationale

In order to develop a directional solution to improve the quality of physical education, it must first be based on the leadership line of the Communist Party of Vietnam on physical education and the comprehensive human development strategy, which has been thoroughly enshrined in the Party Congress documents. directives of the Party Central Committee Secretariat and of the Prime Minister on physical education and sports in the new period, which have clearly indicated the responsibilities of the education and training sectors and the sports sector for physical education [1], [5], [6], [12].

On the other hand, develop oriented solutions based on the conditions of ensuring the facilities of the current high school, on the basis of analysis of subjective and objective causes affecting the quality of physical education of students. In particular, the situation of yard facilities, equipment, funding for teachers, remuneration policies, organization and management of physical education and sports movements, and the implementation of extracurricular and extracurricular teaching organizations are the reasons that have greatly affected the quality of physical education, the physical development conditions of students of Chu Van An High School [3], [7], [14].

3.2 Choose solutions to improve the effectiveness of physical education for students at Chu Van An High School, Thai Nguyen Province, Vietnam

Based on the survey information on the current state of physical education in schools, through reference to documents and experienced experts in physical education in schools, and based on the principles of developing measures, the topic has proposed eight solutions to improve the effectiveness of physical education for high school students at Chu Van An High School, Thai Nguyen Province, Vietnam.

Solutions include:

- 1) Improve the leadership role of party committees, school boards, and mass organizations in physical education.

- 2) Improve the quality and qualifications of physical education and sports teachers.
- 3) Increase the intensity of regular school hours.
- 4) Expanding, procuring equipment, and building yards for physical education.
- 5) To increase extracurricular activities, regularly organize physical training and sports exchanges with other schools and social organizations.
- 6) Innovate the way lesson plans are prepared and how lesson plans are implemented.
- 7) Regularly organize sports competitions in schools.
- 8) Encourage, reward, and motivate individuals and collectives with sports achievements.

After proposing eight topic solutions, we conducted direct interviews through questionnaires with 30 officials, managers, school unions, youth unions, teachers, and physical education teams to choose the most suitable and feasible solutions to put into practice. Interview results are presented in Table 3.1.

Table 3.1: Interview results choose solutions to improve the effectiveness of physical education for students of Chu Van An High School (n=30)

TT	Solutions	Agree		Disagree	
		Amount	Percentage	Amount	Percentage
1	Improve the leadership role of Party committees, School Boards, and mass organizations for physical education.	30	100,00	0	0,00
2	Improve the quality and level of physical education and sports teachers.	27	90,00	03	10,00
3	Increase the intensity of regular school hours.	11	36,70	21	63,30
4	Expanding, procuring equipment, and building yards for physical education.	27	90,00	03	10,00
5	To increase extracurricular activities, regularly organize physical training and sports exchanges with other schools and social organizations.	28	93,30	02	6,70
6	Innovate the way lesson plans are prepared and how lesson plans are implemented.	10	33,30	20	66,70
7	Regularly organize sports competitions in the school.	28	93,30	02	6,70
8	Encourage, reward, and motivate individuals and collectives with sports achievements.	29	96,70	01	3,30

From the results of Table 3.1, most of the solutions proposed by the topic are highly approved by the majority of opinions, with over 90% approval. Solutions 3 and 6 have low approval votes, so the topics should be removed in the next steps of the project. At the same time, through direct talks with interviewees, it was also said that in order to

improve the effectiveness of physical education for students, it is necessary to simultaneously apply all of the above solutions into practice through the process of organizing and managing the movement of physical training and sports at school.

3.3 Develop solutions to improve the effectiveness of physical education for students at Chu Van An High School, Thai Nguyen Province, Vietnam

Based on the above research results, we have selected six specific solutions for organizing and managing physical development, thus improving the effectiveness of physical education for students at Chu Van An High School.

The content and organization of each specific solution are as follows:

A. Solution 1: Improve the leadership role of party committees, school boards, and mass organizations in physical education

Purpose: Raise awareness for school subjects about the meaning and importance of physical education for people, and the effect of physical education in preserving and improving the health of people.

Methods:

- Coordinate with school organizations such as trade unions, school unions, and teachers' unions to thoroughly observe the directives and resolutions of the Party and the State on physical education in schools.
- Teachers who directly teach physical education through their lectures must relate reality to life so that students understand the role, meaning, effects, and benefits of physical education.
- Organizing competitions on learning about physical education and sports and disseminating scientific knowledge about physical education and sports through seminars, school bulletin boards, and other means assigned to the teachers' union and students of the school.
- Encourage them to learn about and follow sports activities in the mass media on a daily basis, such as by watching television, listening to the radio, reading newspapers, watching online, etc., to find information about domestic and international sports.

B. Solution 2: Improve the quality and level of physical education teachers

Purpose: Constantly improving the quality of teachers by applying science to the practice of physical education for students at Chu Van An High School.

Methods:

The analysis and assessment of the current state of physical education at Chu Van An High School showed that the physical education teachers at the school were sufficient in quantity but weak in quality. Many teachers are on teaching duty but are not enthusiastic about teaching. One of the current urgent solutions to improving the effectiveness of physical education at Chu Van An High School is to streamline the teaching staff and create conditions for teachers who are teaching to go to training to improve their

professional qualifications. Qualified teachers' goodness is the driving force for the movement to practice sports to develop more. In order to meet the country's higher requirements for the sports movement in the new era, the fields of constantly advancing science, physical education, and sports are becoming more developed, requiring good teachers and coaches. Therefore, training and fostering physical education teachers is a necessary task of the school. Moreover, Chu Van An High School has six teachers trained at the university level. After many years of work without professional training, they face many difficulties in teaching.

C. Solution 3: Expand, procure equipment, and build yards for physical education

Purpose: Improve the quality, renovate yard facilities, upgrade tools, and increase the number of pieces of technical equipment for physical education with high efficiency.

Methods:

With the attention of all levels of government, the teaching and learning work of the school in general, including physical education subjects, has been implemented and implemented relatively well, which is highly appreciated by the Department of Education and Training.

In addition to equipment for teaching and learning, such as rackets, rulers, and electronic clocks, balls are fully equipped by the Ministry of Education and Training in accordance with the prescribed list. Every year, the school also has between 20 and 40 million VND to spend on the purchase of equipment for the school's key physical education subject and The Phu Dong Health Association. In addition, school leaders are also very active in mobilizing funding from parents of students and successful alumni, supporting sports training equipment for sports clubs such as rackets, bridges, and balls, and helping them have more conditions to study and practice well.

Proposing to build new and renovated training grounds, and multi-purpose gymnasiums, making the most of the school's conditions for main teaching and sports activities in schools.

Develop plans to remodel the training yard according to each object and according to the regulations on the use of equipment. At the same time, it is necessary to regularly check and repair equipment in time to meet the training requirements.

Encourage students to engage in public service to renovate or renew the yard. Besides, pay attention to creating favorable conditions for students to borrow training equipment so that they can comfortably practice in their spare time.

Encourage individual students to shop for exercise equipment. At the same time, strengthen the support of social organizations, parents of students, and alumni to build facilities for the school.

Make the most of the school's funding for physical education and sports activities to procure equipment for teaching and practicing sports during regular school hours as well as extracurriculars in sufficient quantity and with quality assurance.

D. Solution 4: Increase extracurricular activities and regularly organize sports card exchanges with other schools and social organizations

Purpose: Create a diverse regular sports activity environment, enrich the cultural and spiritual lives of students, and help them get acquainted with the organization of competitions and referees. Strengthen the communication of students in the school with teachers. thereby detecting and selecting sports-gifted students for the school team.

Methods:

In order to achieve effectiveness in physical education, the school must increase the regular organization of extracurricular sports activities for students. Because through outdoor training sessions, students will have to master the techniques and techniques of sports learned during regular school hours. The extracurricular session is especially important for football, badminton, soccer, and situational sports with the ability to compete very actively, which will give students a sense of fun, refreshment, and convenience for acquiring knowledge of other cultural subjects. In addition, the school should also regularly compete in sports. This is a very effective extracurricular form; through the results of competitions, the school can select and foster students with sports aptitude to participate in sports tournaments such as The Phu Dong Health Association and city tournaments. On the other hand, winning and losing in competitions also stimulate the consciousness and voluntary attitude of students to win matches.

But in fact, Chu Van An High School has hardly been able to do these active sports activities. Through interviews with students in the school, we learned that because the training ground was not of sufficient quality, most of the students did not participate in extracurricular training. This shows one of the necessary measures today to maintain and improve the effectiveness of physical education in schools in the following forms:

- Establish a sports team in the school with gifted athletes as the core.
- Strive for 100% of students throughout the school to participate in extracurricular training.
- Develop a plan to compete in sports inside and outside the school.
- Encourage grades, classes, and organizations in the school to organize sports competitions to find the nucleus of sports aptitude to foster and compete in higher tournaments, create a healthy playground for teachers and students, and become a spiritual dish in the cultural and sports life.
- Maintaining the school's traditional sports tournaments every year, periodically matching the school's health with other schools and social organizations outside the locality, thereby actively attracting sponsors and funding for the school's sports activities.

E. Solution 5: Regularly organize sports competitions in schools

Purpose: Through this extracurricular movement, it is possible to make the extracurricular activities of students develop extensively, forming a regular schedule for students and thereby creating a healthy playground for all students who are not really gifted with the sport but still participate in training. In this form of competition, it is also

an opportunity for staff, teachers, and students in the school to exchange ideas with each other. At the same time, this is also the basis for detecting sports talents provided to the school and to the country's sports.

Methods:

Gathering children with common interests, they formed several clubs for some popular sports such as badminton, kick a shuttle cock, and football. From there, the school plans annual tournaments on the occasion of major holidays of the year such as October 20 and the founding day of the delegation. Thereby, they can both participate in competitions to develop their physical strength, enhance their health, and acquire more skills and indirect movement techniques to help them progress in other cultural subjects.

F. Solution 6: Encourage, reward, and motivate timely individuals and groups with achievements in sports

Purpose: Implementing this solution aims to directly impact teachers and students materially and mentally with excellent achievements in the processes of teaching, learning, and sports competitions, creating excitement in training during school hours. Actively participate in extracurricular activities of students, create an atmosphere of competition, and improve creativity for teachers and students.

Methods:

Teachers with high achievements in sports competitions, and achievements in training gifted athletes to participate in competitions with good achievements will be awarded certificates of merit, bonuses, and commendations in front of the team. For students who have achieved in sports, actively participate in school and class activities, and have contributed to mobilizing them to participate in sports, they will be awarded certificates of merit, bonuses, points, commendations in front of the whole school, encouragement by sightseeing sessions, travel, and reward costumes.

4. Conclusion

Physical education in each school contributes to the realization of the goal of comprehensive education for students. Therefore, in order to improve the effectiveness of physical education in schools, there should be many synchronous solutions, and most importantly, there must be harmonious coordination between solutions for the effectiveness of the school's education to achieve high results. Improving the effectiveness of physical education in schools, it will build a positive learning environment, promote exercise and health, and create healthy playgrounds to attract students, contributing to reducing social evils. The research results have selected and developed six suitable solutions to improve the effectiveness of physical education in the school. These solutions all ensure practicality, feasibility, synchrony, and science. We believe that if the above solutions are applied in practice, it will definitely improve the effectiveness of physical education at Chu Van An High School, Thai Nguyen Province, Vietnam.

Conflict of Interest Statement

I declare that there are no conflicts of interest.

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