

SOLUTIONS FOR DEVELOPMENT AND EXPANSION OF PHYSICAL EDUCATION AND SPORT CLUBS AT AN GIANG UNIVERSITY, VIET NAM

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ABSTRACT

According to the current state investigation of physical education and sport clubs operating at An Giang University, as well as the demand for physical education and sport training of students and people living in Long Xuyen city, the author has demonstrated some solutions to develop and expand physical education and sport clubs at An Giang University in a scientific and effective way to improve health, material and spiritual life for the students and the people in An Giang province.

Keywords: Solutions, development, expansion, physical education, sports club.

1. INTRODUCTION

In recent years, the number of people practicing sport at the clubs of An Giang University has increased dramatically, typically in gym, futsal, volleyball, karate, etc. However, the number of participants is very low in comparison with the population in the area (Thuc, 2017). The present-day higher education system recognizes very few physical education and sport clubs are existed at An Giang University. The total number of students engaged in physical culture, sport and various volunteer activities is about 60-70 percent. Nevertheless, according to different estimates, the percentage of students practicing sports on a regular basis constitutes only 20 to 45 percent. The fact is inconsistent with the "Strategy of Physical Culture and Sport Development in the Viet Nam for the period up to 2020", which specifies the number of students actively involved in physical culture and sport reaching 80 percent by 2020.

Besides, attention should be paid to the fact that only 15 to 45 percent of students attend sessions running within the university sport club system (Burov, 2014). This indicates the necessity for improvement of university sport clubs activities and physical education, the demand for solution for the development of structural-functional models of the university sport sector activity along with the means of interoperation between the physical education department and a sport club (Bal'sevich, & Lubysheva, 2016) with a view to expanding sport competitions, public sport events, university sport teams, recreational classes, reviving and continuing university traditions, generating income.

From the current situation, selecting solutions to develop and expand physical education and sport clubs of An Giang University is very necessary. Almost all higher education institutions need to be facilitated in development and material resources improvement, sport equipment procurement, sport club corporate network extension, profit-earning capacity expansion and informational computer-aided support provision.

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2. METHODS AND MATERIALS

In this study, the investigators used four methods such as synthesizing and analyzing documents, interview, pedagogical observation and mathematical statistics.

The investigator tried to gather all the relevant information which is required for providing solution. All gathered information then analyzed carefully. Based on the analysis observations were made and at last descriptive statistic were applied to yield the results.

3. RESULTS AND DISCUSSION

Table 1: The current status of physical education and sport clubs at An Giang university

| No | Club | Time | The number of participants regularly practice 3 times per week | Age |
|-------|-----------------|--------------------|---|-------|
| 1 | Gym | Whole year | 150 | 6-23 |
| 2 | Table tennis | Whole year | 60 | 6-17 |
| 3 | Volleyball | Whole year | 70 | 18-23 |
| 4 | Karate | Whole year | 120 | 6-17 |
| 5 | Basketball | Whole year | 70 | 8-17 |
| 6 | Futsal Football | From May to August | 110 | 11-23 |
| Total | | | 580 | |

Table 1 shows that with 6 physical education and sports clubs operating and the number of participants is not in equal distribution. Some clubs have got a lot of people such as gym, Futsal Football, Karate and other clubs are limited like table tennis, basketball, volleyball.

In terms of the age participated in the clubs, gym and table tennis are mostly elementary, secondary and high school students. Meanwhile, volleyball and futsal football are mainly secondary and high school students. Gym, karate and Futsal football have a higher training age and students are the most. Karate is distributed equally among elementary, secondary, high school and university.

The current state of facilities at An Giang University

The strength about modern facilities with the scale of training 13,000 students, the playgrounds are made sure both quantity and quality to supply for training of students. This is also a favorable condition of the school to organize physical education and sport activities (Thuc, 2017).

Propaganda and advertising

Over the years, the clubs have also developed various propaganda and advertising forms so that the trainees can know information clearly about registration such as hanging banner ads in schools (Hai, 2017), linking with school and District Education Office to send a notice for students. However, there are some other advertising forms that have not been implemented by the clubs yet like advertising on television or hanging banners in public places (Thanh, 2013).

The current state of management and organization of the club

The management method is directly related to the quality of the trainees. We have welcomed the students to registration and management during the training. With 6 clubs currently operating, survey results showed that most of the clubs were not strict and scientific management. They were not distinguishing level of the trainees. Many places, students have come to register but no one welcomed, even the clubs did not know clearly new students. This is a problem which affects the development of the club.

The current state of training teaching staffs and instructors at the clubs

Through interviews and observations operating clubs showed that the training of teachers in the clubs isn't interested (Thuc, 2017).

The current state of learners results after participating in training at the club

To evaluate the current state of learning results, the author has conducted interview with teachers of the club about the results of students after each course. The Table 2 shows that the students' learning outcomes are directly proportional with operating time of the club. Two clubs operated from 8 to 10 years, the number of students who did not pass the course was less than the club operated from 2 to 4 years. Therefore, operating thickness affects the quality of teaching. However, there is still the number of students who does not pass (8-25%). This is also a problem for the clubs to pay attention.

The current state of people's sports training

To find out the training needs, the study was interviewed many people (according to the characteristics of each sport) such as students and staffs. The result of the interview in Table 2.3 showed that the different sports is not the same training needs. In comparison with the population in the district and the city, if the 14 clubs are operated, the number of people will practice increasingly.

Table 2: The current state of learner's results after participating in training at the club - An Giang University (2016)

| No | Interview result | Results after training | | | | | | Operating time (year) |
|----|----------------------------|------------------------|----|------|----|------|----|-----------------------|
| | | Good | | Pass | | Fail | | |
| | | N | % | N | % | N | % | |
| 1 | Gym (150 students) | 33 | 22 | 102 | 68 | 15 | 10 | 8 |
| 2 | Table tennis (50 students) | 10 | 20 | 33 | 66 | 7 | 14 | 4 |
| 3 | Basketball (60 students) | 6 | 10 | 39 | 65 | 15 | 25 | 4 |
| 4 | Volleyball (70 students) | 21 | 30 | 35 | 50 | 14 | 20 | 2 |
| 5 | Karate (120 students) | 24 | 20 | 85 | 71 | 11 | 8 | 10 |
| 6 | Futsal (110 students) | 27 | 25 | 73 | 66 | 10 | 9 | 6 |

Table 3: The current state of sports practice

| No | Sports | Interviewees | Interview result | |
|----|--------------|--------------|------------------|-------|
| | | | Participants | % |
| 1 | Gym | 200 | 57 | 28.5 |
| 2 | Futsal | 300 | 16 | 5.33 |
| 3 | Aerobics | 150 | 12 | 8.0 |
| 4 | Chess | 300 | 9 | 3.0 |
| 5 | Dance sports | 200 | 22 | 11.0 |
| 6 | Volleyball | 300 | 17 | 5.67 |
| 7 | Basketball | 300 | 23 | 7.67 |
| 8 | Swimming | 300 | 22 | 7.33 |
| 9 | Table tennis | 300 | 34 | 11.33 |
| 10 | Badminton | 300 | 36 | 12.0 |
| 11 | Tennis | 200 | 39 | 19.5 |
| 12 | Karate | 300 | 62 | 20.67 |
| 13 | Vovinam | 200 | 34 | 17.0 |
| 14 | Taekwondo | 200 | 28 | 14.0 |

Factors affecting the operating club of An Giang University

Through analysis, synthesis of documents and interview results, the study was identified eight factors which affected the number of clubs and members at An Giang University including: 1). The initiative of opening sport clubs; 2). Propaganda and advertising; 3). Facilities of the club; 4). Professional qualifications of teachers and instructors; 5). The needs of society and people for sports; 6). The operating thickness of the club; 7). Form of management and organization classes; 8). Satisfaction of participants at the club.

Solutions to expand and develop physical education and sport clubs at An Giang University

Based on that, the study has selected 5 solutions to develop and expand physical education and sport clubs at An Giang University:

1. Strengthen the propaganda and advertising

The aim: In order to provide information to students and people, An Giang University has been got sports clubs so that they can register for training.

Doing:

- Advertising on TV in the afternoon and in the evening.
- Hanging banners, slogans in schools, public places, central area ... (the area reserved for advertising).
- Associating with the District Education Office to send notice to schools.
- Regularly hosted the movement for people to know about operating of clubs in the An Giang University.

How to evaluate: Comparing the number of people know and register before and after the implementation of propaganda and advertising.

2. Improving management and organization of the club

The aim: to manage and organize classes in the clubs in a scientific way, effective, strict and suitable with learners.

Doing:

- Making a detailed plan for organizing, managing, welcoming and instructing learners when registration as well as during the learning process at the club, assigning specific duties and responsibilities of each member in the club.
- Enrolled and tested learners to fit with the sport competence.
- Meeting every week to report, evaluate performance results of each member and to have appropriate direction.
- The club leader regularly checks and urges the members.

How to evaluate: Comparing the effectiveness of the implementation of management solutions, classifying the group before and after applying of the solutions.

3. Improving professional skills for the teaching staff at the clubs

The aim: to improve professional skills and to know clearly the teaching method for different people, thereby the clubs should be improved the quality of teaching for students when joining.

Doing:

- The clubs should be introduced the program and training about teaching methods for teachers before each course.
- The manager checks 1-2 times/ week
- Review meeting about teaching methods for teachers every week.

- Organizing exchange among teachers of the club to learn experience together.

How to evaluate: Compare the quality of teaching through the rate of learners achieved high results after joining the club.

4. Strengthening the education about cognitive practice for learners.

The aim: to identify the motives, the purpose and the will of training is physical and mental health to help learners participate in a positive way.

Doing:

- Before and after practice, teachers should comment to educate awareness for students.
- Organizing exchange experiment between learners and the clubs.
- Award hard-working practitioners.

How to evaluate: Compare the voluntary practice as well as the interest of the practice.

5. Building the content of the training program appropriately

The aim: To give the training program appropriately for learner effectively practice.

Doing:

- In the beginning course, the clubs should be unified the contents of the training program for different subjects.
- Regularly evaluating, checking the content of training program.
- Regularly communicate with learners to understand the level of receptivity of them to adjust the content appropriately.

How to evaluate: evaluating learners through training and receptivity.

Table 4: The number of physical education and sport clubs at An Giang University (2017)

| No | Club | Operating time | Practice regularly 3 times / week | Age |
|--------------|--------------|--------------------|-----------------------------------|---------|
| 1 | Gym | Whole year | 255 people | 6 - 23 |
| 2 | Table tennis | Whole year | 82 people | 6 - 17 |
| 3 | Basketball | From May to August | 85 people | 8 - 17 |
| 4 | Volleyball | Whole year | 105 people | 18 - 23 |
| 5 | Karate | Whole year | 171 people | 8 - 22 |
| 6 | Chess | From May to August | 35 people | 8 - 18 |
| 7 | Futsal | Whole year | 98 people | 15 - 35 |
| 8 | Dance sports | From May to August | 45 people | 18 - 40 |
| 9 | Tennis | Whole year | 55 people | 18 - 50 |
| 10 | Vovinam | Whole year | 45 people | 6-23 |
| Total | | | 976 people | |

Table 5: The result of the participants when training at the club - An Giang University (2017)

| No | Interview result | | | | Result after training | | | | Operating time (year) |
|----|------------------|---------|-------------|-------|-----------------------|-------|-------------|-------|-----------------------|
| | Club | Learner | Good Number | % | Pass Number | % | Fail Number | % | |
| 1 | Gym | 145 | 51 | 35.17 | 82 | 56.55 | 12 | 8.28 | 8 |
| 2 | Table tennis | 42 | 12 | 28.57 | 24 | 57.14 | 6 | 14.29 | 4 |
| 3 | Basketball | 64 | 24 | 37.50 | 32 | 50.00 | 8 | 12.50 | 4 |
| 4 | Volleyball | 57 | 19 | 33.33 | 27 | 47.37 | 11 | 19.30 | 2 |
| 5 | Karate | 168 | 65 | 38.69 | 89 | 52.98 | 14 | 8.33 | 10 |
| 6 | Futsal | 66 | 22 | 33.33 | 36 | 54.55 | 8 | 12.12 | 6 |
| 7 | Chess | 37 | 9 | 24.32 | 21 | 56.76 | 7 | 18.92 | 2017 |
| 8 | Dance sports | 39 | 11 | 28.21 | 24 | 61.54 | 4 | 10.26 | |
| 9 | Tennis | 46 | 7 | 15.22 | 30 | 65.22 | 9 | 19.57 | |
| 10 | Vovinam | 72 | 25 | 34.72 | 34 | 47.22 | 13 | 18.06 | |

Evaluating the effectiveness of solutions

After selecting the five solutions to expand and develop the club, the author has conducted the application into practice. The result after one year (2016) was shown in Table 4. Through table 4 and previous table 2 the number of clubs increased significantly (adding 4 new clubs), with the number of participants increasing from 580 to 976.

About quality is shown according to the teacher's assessment (Table 5). Table 5 shows that the learner results are good, but most of the clubs still have percentage of students not requirements (8.28-19.57%).

4. CONCLUSION

Based on the assessment and analysis of the current state and factors affecting the club's operations at An Giang University. The study has selected 5 solutions that are suitable An Giang University in the expansion and development of physical education and sport clubs:

1. Strengthen the propaganda and advertising,
2. Improve the management and organization of the club,
3. Improve professional skills for the teaching staff at the club,
4. Strengthen the cognitive education for learners, &
5. Build the content of the training program appropriately.

The process of implementing 5 solutions in 2017 at the clubs of An Giang University has proved effectiveness of developing and expanding physical education and sport clubs in schools.

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