



EVALUATION OF THE CURRENT SITUATION OF PHYSICAL EDUCATION WORK AT CHU VAN AN HIGH SCHOOL, THAI NGUYEN PROVINCE, VIETNAM

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Abstract:

Physical education is a pedagogical process aimed at educating and training young people, perfecting their bodies and personality, improving their working ability, and prolonging human life. It is a part of the sport of Vietnam, one of the basic activities with a clear orientation in society, an organizational process to transmit and absorb the values of physical training and sport in the system. general education and reformation system of the school. On the basis of the meaning and role of such physical education, the article aims to evaluate the current situation of physical education work at Chu Van An high school in Thai Nguyen province of Vietnam. The results of this study will serve as a basis for the development of solutions to improve the effectiveness of the school's physical education work, ensuring its scientific and practical value.

Keywords: physical education; sports; pupil; Chu Van An High School; Thai Nguyen; Vietnam

1. Introduction

In recent years, almost all schools have determined: students are the focus of the training process, and the task of the entire educational and training activities in the school is to create the best conditions for students. promote self-control in learning and training. Physical education in high schools is an important aspect of education. Physical education work has both contributed greatly to fostering and improving students' health and is a direct factor affecting other aspects of the educational process such as: moral education, intellectual education, aesthetic ability education, and labor education. Successfully completing the physical education work in the school has created conditions for the implementation of comprehensive education. Therefore, it is very important and

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necessary to research and evaluate the current status of physical education work at Chu Van An High School, Thai Nguyen Province, Vietnam to help the school have a practical department to propose appropriate solutions to improve the effectiveness of physical education work of the school. [1], [2], [3], [4], [9].

To assess the current situation of physical education work at Chu Van An high school, Thai Nguyen province, Vietnam, the study conducted the following research:

- Awareness of the problems of physical education work among administrators and teachers.
- The current situation of teaching contents, programs, and forms of organization.
- The current situation of teachers who are teaching physical education at the school.
- The current situation of physical facilities for physical education work.
- The current situation of the main and extracurricular practice of students in the school.
- The current situation of students' learning outcomes in physical education.

2. Research methods

To assess the situation, the study used the following research methods:

- Methods of analyzing and synthesizing documents: The use of this method in the research process is mainly to collect documents related to the research problem to generalize about the research problem in accordance with the practice of high schools.
- Methods of interview: Methods used to collect data about the research area of the topic: Issues related to subjective measures that affect and affect the physical education subject program, the need for extra-curricular practice, forms of extra-curricular exercise, facilities, and quality of physical education teachers.
- Method of pedagogical observation: Through observing physical education class hours at Chu Van An High School to find out the actual situation of facilities, teachers, direction, and implementation of the physical education program.
- Method of statistical mathematics: This method is used in analyzing and processing the data collected during the research of the topic.

3. Results and discussion

3.1 Awareness of the problems of physical education work among administrators and teachers

To find out about this issue, the topic conducted interviews with experts, administrators, and teachers at Chu Van An High School, Thai Nguyen Province, Vietnam. The interviewees included 30 people: the School Administrators, the Executive Committee of the School's Trade Union, the Youth Union, administrators, subject groups, and physical education teachers. The results of the interviews are presented in Table 1.

Table 1: Interview results on the perception of administrators and teachers towards physical education (n=30)

TT	Interview Contents	Results	
		n	Percentage (%)
1	School administrators need to pay more attention	29	96.7
2	Improve the quality of sports teachers	28	93.3
3	Enhance facilities	30	100
4	Consolidate the management of the physical education subject group	27	90.0
5	Invest money in physical education	29	96.7
6	Organizing sports activities	30	100
7	Building Sports Clubs in the school	29	96.7
8	To give the content of the standard physical training test into the score assessment for students	28	93.3

From the interview results in Table 1, it can be seen that the awareness of managers about physical education is very correct, but when asked, the application in practice is not high, only formality. In the following years, in order to improve the work of physical education in schools, it is necessary to pay more attention to the issues that the interviewers have focused on, including:

- Need more attention from school leaders.
- Improve the quality and qualifications of teachers.
- Need to strengthen the system of facilities and funds for sports.
- Organize more sports activities, build sports clubs to attract students, and strengthen socialization in school sports and exercise activities.

3.2 Current status of content, programs, teaching methods, and time spent on physical education subjects

3.2.1 Program status

We conducted an investigation into the distribution of the physical education curriculum at Chu Van An High School, Thai Nguyen Province, Vietnam. The results are shown in Table 2.

Table 2 shows that Chu Van An High School, Thai Nguyen province, Vietnam conducts teaching according to the distribution of subject programs as per general regulations promulgated by the Ministry of Education and Training. However, the number of theoretical hours is too small, accounting for 2.86%, so it is not enough for teachers to convey and students to absorb all general knowledge as well as sports techniques. Exercises: general development gymnastics and aerobics accounts for about 10% of the hours, so it is appropriate because exercises combined with music increase students' interest, thereby increasing their efficiency class time.

Table 2: Distribution table of the physical education program
of Chu Van An high school, Thai Nguyen province, Vietnam

TT	Teaching content	Teaching contents by grade					
		Grade 10		Grade 11		Grade 12	
		Lesson	Percentage (%)	Lesson	Percentage (%)	Lesson	Percentage (%)
1	Theory	2	2.86	2	2.86	2	2.86
2	Practice	7	10.00	6	8.57	6	8.57
3	Short run	6	8.57	0	0	0	0
4	Durable running	6	8.57	8	11.43	9	12.86
5	Relay race	0	0	5	7.14	5	7.14
6	Badminton	6	8.57	5	7.14	5	7.14
7	Shuttlecock kicking	6	8.57	5	7.14	6	8.57
8	High jump	8	11.43	5	7.14	0	0
9	Long jump	0	0	5	7.14	6	8.57
10	Elective subjects	20	23.57	20	28.57	20	28.57
11	Test	9	12.86	9	12.68	11	15.72
	Total	70	100	70	100	70	100

3.2.2 About the content and form of teaching organization

- About content

Chu Van An High School, Thai Nguyen Province, Vietnam has strictly implemented the subject program issued by the Ministry of Education and Training with the content divided into two parts: theory and practice.

- Theory part

There are textbooks provided by the Ministry of Education and Training, and the school's specialized team is responsible for compiling it, so that students can understand the role, position, and effects of physical education in the school, in physical training as well as providing an understanding of movement techniques, training principles, sports laws and how to compete in sports.

- Practical part

In addition to imparting to students the theories about sports, the teaching of movements is carried out during class hours according to the school's schedule, in each learning content there is a test. assessment of professional groups, standards of physical training, and the Ministry of Education and Training. It is the content of assessing and grading students each semester.

- About the form of teaching organization

In-class hours are class hours according to the school's schedule, according to the time budget, and the prescribed program has rules for testing and scoring. Sports, therefore, have not improved much in terms of content, exercises are not lively, attractive, and not up to the standards of physical training.

- Extracurricular hours

This is the time when students practice alone or in groups. Mainly self-practice, lack of guidance and instruction from teachers, and no specific training plan, so the effectiveness is still not high. [5], [6]

3.3 The current situation of teachers who are teaching physical education at school

To improve the effectiveness of physical education, it is necessary to pay attention to the team of physical education teachers. The results of the survey on the current status of PE teachers at Chu Van An high school, Thai Nguyen province, Vietnam are presented in Table 3.

Table 3: The current situation of the quality and staff of PE teachers
 in Chu Van An high school, Thai Nguyen province, Vietnam

Index TT	Sex		Qualification			Seniority >10 years	Age			Formal University
	Male	Female	Masters	University	College		>50	40-50	<40	
Quantity	4	2	0	6	0	2	1	2	3	6
Percentage (%)	66.7	33.3	0.0	100	0.0	33.3	16.7	33.3	50	100

Table 3 shows that the qualifications and professional competence of teachers in the school ensure that they meet the knowledge standard or higher. The teachers have a lot of teaching experience, if the exploitation of the teachers' potential properly, the implementation of physical education, training the team, directing the sports and physical activity movement, and doing the work. Scientific research will be highly effective. Thus, in order to achieve a higher quality of physical education, it is required on the part of school leaders to take measures to strengthen the system of physical education teachers. The part of teachers, teachers constantly improve professionally while overcoming family problems, consciously building and accumulating experience in teaching practice.

3.4 Actual situation of physical facilities for physical education activities

Facilities and equipment for the work of physical education play a very important role as a direct condition for the teaching work of teachers. With adequate facilities, the quality of physical education is also guaranteed. In fact, adequate facilities, yards, and exercise equipment will cause excitement for teachers and learners. On the contrary, when the facilities and equipment for teaching are lacking, it will greatly affect the learning results of students. To find out about this issue, we have conducted an investigation into the actual status of facilities, tools, etc. for teaching and learning activities of physical education at Chu Van An High School, Thai Nguyen province, Vietnam. The content is presented in Table 4.

Table 4: Actual situation of facilities serving the work of physical education of Chu Van An high school, Thai Nguyen province, Vietnam

TT	Facilities	Quantity	Quality
1	Multi-purpose gymnasium	01	Medium
2	Basketball yard	01	Rather
3	Volleyball yard	01	Rather
4	Sand pit for long jump	02	Rather
5	High jump cushion	02	Medium
6	Ping pong table	03	Good
7	Badminton yard	02	Good
8	Jogging track	01	Rather

Table 4 shows that the school's existing facilities compared to the number of students are too short, with the number of nearly 2,000 students, such a training ground does not meet the requirements.

According to the opinion of some physical education teachers, the facilities are only suitable for regular classes and partly for sports. Therefore, this is also an important factor affecting the work of physical education at schools. Therefore, in order to improve the quality of physical education and physical training of the school in the coming years, it is necessary to strengthen and add more facilities, and upgrade yards and tools, especially to make the most of it. The facilities have been available to serve the teaching and development of the sport and physical education movement, thereby improving the quality of physical education work for the school's students.

5. Actual situation of students' main and extra-curricular practice in school

5.1. Regular school hours

To find out about this issue, the topic has conducted a survey of opinions and comments of 300 students about the regular class time. The results of the survey are shown in Table 5.

Table 5: Results of students' opinions about the regular class time (n=300)

TT	Interview content	Interview result	
		n	Percentage (%)
1	Teacher's lesson preparation?		
	Professional knowledge	124	41.3
	Manner, costume	79	26.7
	Abide to class time	97	32.0
2	Feedback on regular class time		
	Lively	83	27.7
	Normal	123	41.0
	Not lively	94	31.3
3	Responsibility and enthusiasm of teachers?		
	High	113	37.7
	Normal	163	54.3
	Irresponsible	24	8.0

From Table 5, it can be seen that: Regarding the preparation of lessons for teachers, the percentage of professional knowledge accounts for a high percentage, in terms of manners, as well as in time observance, which many students agree.

Regarding the regular class time, the class hours are considered to be active by the students. The percentage is not high, the class hours are not exciting, accounting for 31.3%.

For the teacher's responsibility in the classroom, students rated it highly as 37.7%, and most of the students rated it at a normal level (54.3%).

Thus, we see that in the main class time, teachers prepare well for teaching, but it is necessary to organize more lively class hours to create students' interest in learning and enhance the teacher's responsibility.

5.2. Extra-curricular hours

5.2.1 The reality of the need for the extra-curricular practice of students at Chu Van An High School

Extracurricular practice is an effective form to improve physical fitness for students, and the development of sports movements among students. The article conducted interviews with students about their motivation and purpose when practicing extracurricular activities. The results of the interviews are shown in Table 6.

Table 6: Results of interviewing motivation, training purpose (n=300)

TT	Interview content	Interview result	
		n	Percentage (%)
Number of workouts per week			
1	Whole week	35	11.7
	3 days – 5 days	80	26.7
	Less than 3 days	185	61.6
The purpose of the extra-curricular exercise			
2	For health	40	13.3
	Entertainment	45	15
	Due to subject requirements	97	32.3
	To have a beautiful body	51	17
	Kill free time	67	22.4

From Table 6, we can see that the number of students participating in extracurricular sports practice is very few, mainly under 3 sessions per week. On the other hand, when asked about the purpose of extracurricular practice, it is mainly to meet the requirements of the subject.

5.2.2 Factors affecting students' participation in extracurricular activities

Table 7: Results on factors affecting extracurricular practice (n=300)

TT	Interview content	Interview result	
		n	Percentage (%)
1	Lack of training ground, exercise equipment	125	41.7
	Lack of teachers	80	26.7
	Lack of time	95	31.6

The interview results showed that up to 41.7% of the students surveyed said that the lack of yards and exercise equipment had the main influence on extracurricular practice, and the time factor accounted for 31.6%. The lack of teachers in extra-curricular activities accounted for only 26.7%. So here mainly depends on the facilities for sports activities and students' time.

5.2.3 The need and necessity of students to practice sports

Table 8: Outcomes on the need and necessity to practice sports (n=300)

TT	Interview content	Interview result	
		n	Percentage (%)
The necessity of sports practice			
1	Yes	210	70
2	No	90	30
The need to practice specific sports			
1	Football	70	23.3
2	Shuttlecock	25	8.3
3	Vovinam	15	5
4	Table tennis	34	11.3
5	Badminton	35	11.7
6	Chess	23	7.7
7	Basketball	34	11.3
8	Athletics	27	9
9	Volleyball	37	12.4

Table 8 shows that the majority of students are aware that physical training is very necessary (accounting for 70%).

With a total of 9 sports surveyed, most of the respondents chose sports such as football, volleyball, badminton, and basketball. These are the most popular sports, which is also completely appropriate. integrated into the facilities at Chu Van An High School, Thai Nguyen province, Vietnam as well as the practice movement at the school. Thus, it can be seen that the choice of sports for the students depends a lot on the physical conditions, especially meeting the interests of the students.

6. Actual situation of learning outcomes in physical education of students at Chu Van An high school, Thai Nguyen province, Vietnam

To solve this problem, the article evaluates the learning results of physical education of 600 students at Chu Van An High School, Thai Nguyen Province, Vietnam in the 2021-2022 school year with each grade 10, grade 11, and grade 12. The results are presented in Table 9.

Table 9: Physical education results of students
 Chu Van An High School for the school year 2021-2022

Grade		Learning outcomes		
		n	Achieve	Unachieved
Grade 10	n	200	185	15
	Percentage (%)		92.5	7.5
Grade 11	n	200	190	10
	Percentage (%)		95	5
Grade 12	n	200	198	2
	Percentage (%)		99	1
Total	n	600	573	27
	Percentage (%)		95.5	4.5

The results obtained in Table 9 show that the percentage of students who pass grades in all 3 grades 10, 11, and 12 is very large, this rate in all blocks in the whole school is relatively even. The highest percentage of students who did not pass was in grade 10 and grade 11, especially in grade 10 (accounting for 7.5%). Through research, there are a number of reasons that are because they do not have many practice conditions and are not familiar with the training environment. Moreover, due to the lack of yards and training equipment, the training methods are still poor, so it is not interesting for the children to participate in the exercise. In order to gradually overcome this situation in order to improve the learning efficiency of students, one of the necessary measures in the immediate future is to ensure adequate training places for students, creating excitement for students when participating in the program study subjects.

6. Conclusion

Research results on the current situation of physical education work at Chu Van An High School, Thai Nguyen Province, Vietnam have shown that the school still has some of the following problems: the perception of physical education of administrators and teachers in the school is not really correct. The content, programs, and methods of teaching physical education still have problems to be solved, the time spent on physical education is not much, but it has to be studied with other cultural subjects, which reduces the effectiveness of physical education lessons. The school's facilities have begun to deteriorate, thus affecting the quality of physical education and extracurricular sports

activities at the school. These shortcomings will be the basis for proposing measures to improve the quality of physical education and sports activities in the school.

Conflict of Interest Statement

I declare that there are no conflicts of interest.

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